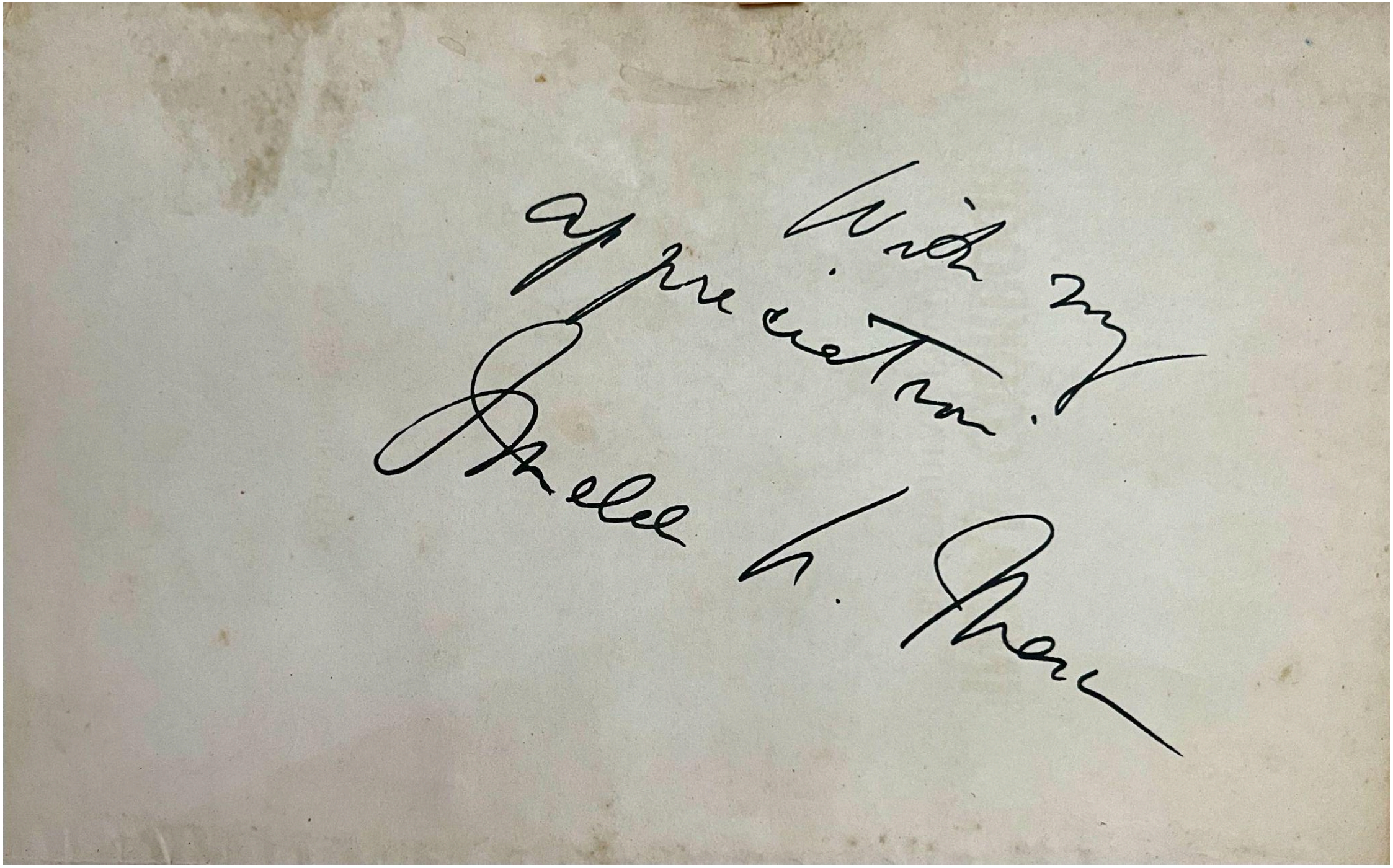
INDIAN COOK BOOK

BEST INDIAN RECIPES

NALINI SHRIVASTAVA



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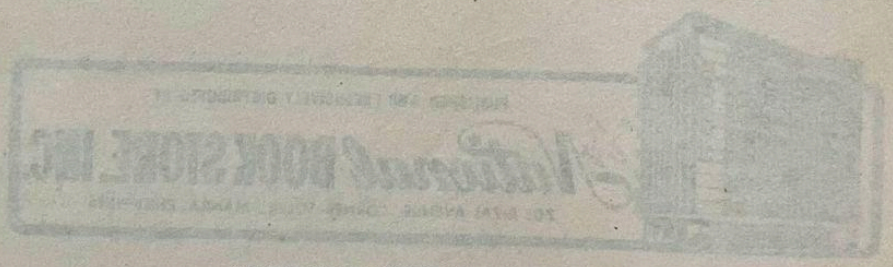

NALINI SHRIVASTAVA

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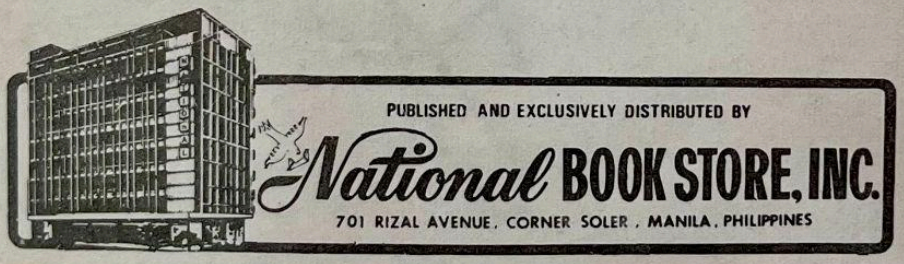
By

NALINI SHRIVASTAVA



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INTRODUCTION

This book presents some choice recipes of Indian dishes. India with its vastness has infinite variety, and attempts to include even a few samples from every part and community are unthinkable. The selected recipes are those with which I am personally familiar and are mostly such as are found in the northern parts of India. A very few, about half a dozen, are from other parts. They have become popular all over the country due to their excellence. For these, I am thankful to my friends. All other recipes have been written from my personal experience. I have used them frequently on special festive occasions, such as marriage celebrations at which large social and family gatherings are customary.

Mrs. Rosario Melchor, President of the Asian Development Bank Women's Club asked me to take charge of the Cooking Section of the Club at the beginning of this year. I soon found that many ladies were keenly interested in the culinary art. They asked that besides International Cooking, there should be demonstrations in Indian cooking also. I arranged for these accordingly and many of the recipes in this book have been demonstrated before large groups of ladies coming from many countries as far away from India as Canada, Finland, Indonesia, Japan and U.S.A. I am thankful to Mrs. Melchor for providing me this opportunity.

Indian curry has earned a name all over the world and is as well known abroad as the Taj Mahal and the tiger. A liking for hot, spicy food is quite common even outside South Asia. It is my hope that atleast some palates will find satisfaction from these recipes. I have tried to simplify them greatly having regard to the difficulties of those unfamiliar with Indian ways of cooking and handling of the spices and other peculiarly Indian ingredients.

The recipes relate to dishes which go to make a good Indian lunch or dinner. Besides, several are for dainty snacks for eleven o'clock coffee and afternoon tea. They would be useful for cocktail parties too and for serving with drinks before dinner.

The plan of the book mostly follows the typical pattern of an Indian lunch or dinner which consists of:

One or more curries made with poultry, meat, fish, eggs, potatoes or other vegetables or their combinations.

One or more dry dishes made of above.

Plain rice or fried and spiced rice called 'Pulao', 'Biryani', etc.

One or more varieties of bread usually made of wheat flour like 'Chapati', 'Poori', etc.

Lentils (Dall) of different varieties.

Dishes made with Indian yoghurt.

Pickles and chutneys.

Desserts.

At the end are recipes for salty snacks which may be served with lunch or dinner also.

Nalini Shrivastava

11, Ipil Road,
Forbes Park, Makati, Rizal,
Philippines.
June, 1973

PUBLISHER'S NOTE

The limited number of copies of this cook book made six months ago were quickly sold out. Encouraged by the response and in order to meet the demand, it is going into print for larger circulation.

The author had the privilege of presenting a copy of the cook book to the First Lady of the Philippines, Mrs. Imelda Marcos at Malacañang on August 13, 1973.

The series of cooking demonstrations for which this book was initially got ready was appreciated by a large number of ladies belonging to at least fifteen different countries, Asian, European and North American. The demonstrations not only helped to introduce Indian recipes in many non-Indian households but also enabled the collection of a modest sum for charity from those attending them. This sum was handed over at the Manila Polo Club on December 12, 1973 to Mrs. Rosario Melchor, President of the Asian Development Bank Women's Club whose help and encouragement were always freely available in this endeavour. This cook book could in a way be regarded as the outcome of the author's personal efforts to raise some money for charity through her cooking knowledge.

January, 1974

CHAPTER I
GENERAL
COOKING MEDIUM

As a general rule, clarified butter (Ghee) is considered best for cooking the following items:

1) Pulao of various kinds
2) Poori plain, poori stuffed (Kachori)
3) Parothas of various kinds
4) Curry
5) Sweet dishes such as Halwa, and other sweets.

As clarified butter (Ghee) is expensive, vegetable fats which are cheaper are commonly used.

Some dishes are prepared in oils only. Mustard oil which has pungent flavour is popular in some parts of India, for example, north and east and there it is used for such items as:

1) Fried fish
2) Pakodas
3) Dry vegetables
4) Kalonjies
5) Sour pickles

In other parts of India, peanut and sesame oil are also used. In most recipes given in this book, no specific cooking medium is mentioned and any medium can be used depending on individual choice. Lard is not used for Indian cooking.

SPICES

Below are given the methods of preparing certain spices, pastes and powders, which are used in cooking a number of dishes. This will avoid repetition and simplify the recipe for an individual dish.

CURRY SPICES

1) Freshly ground curry spices for 1 kilo of any kind of meat, chicken or vegetable curry.
   1 tbsp. coriander
   4-6 cloves of garlic
   4 red chillies or according to taste
   1 tsp. turmeric powder
   2 onions grated
   1 piece of ginger
   2 tsp. cummin seed
   8 peppercorn
   4 cloves
   1 stick cinnamon
   2 tsp. poppy seeds

Grind the above spices in a little water. This will be referred to as "fresh ground spices" for 1 kilo meat in the recipes given in this book.

2) For decoration of curry, and stews:
   1 onion fried golden in colour
   chopped green coriander leaves
   chopped green chillies (optional)
   For meat curry, 2 hard boiled eggs cut in 4 pieces can also be used for decoration.

3) Hot Spices (Garam Masala)
   120 gms. cummin seed
   120 gms. peppercorns
   60 gms. cloves
   60 gms. cinnamon
   60 gms. cardamom (large peeled)

Grind and store in an air tight container. This will be referred to in the book as hot spices (Garam Masala). 250 gms. Coriander should be ground and stored separately for use when required. Chilli powder and turmeric powder can be easily obtained from the grocer.

4) Spices for 1 kilo chicken dum (meat or vegetable)

1 tbsp. poppy seed
1/2 tbsp. cummin seed
6 cloves
1 stick cinnamon
6 white cardamom
1 piece of ginger
10 almonds blanched
a few strands of saffron soaked in rose water or in milk
4-6 red chillies
2 onions

Grind all the above in a little water and make a paste.

5) Kalonji spices

250 gms. red chillies roasted
250 gms coriander roasted
200 gms. cummin seed roasted
1 tbsp. fenugreek roasted
1 tbsp. aniseed not roasted
125 gms. mustard not roasted

Grind dry (without water) and store the spices in an airtight container. When using, mix with a little dried mango powder and freshly ground garlic. This is referred to in the book as Kalonji Spices.

6) Sour Pickle Spices

125 gms. turmeric ground dry
250 gms. mustard ground dry
250 gms. chilli ground dry
1-2 tbsp. fenugreek roasted ground dry
60 gms. aniseed whole
a small piece of asafoetida

The above spices except Aniseed which is used whole should be ground dry and kept in an air tight container for use when required. Asafoetida should be kept separately.

7) Roasted spices
250 gms. coriander
200 cummin seed
200 gms. red chilli

Roast above spices on a dry iron griddle. Grind and store in an air tight container. These spices are used in Raita, Dahibara, Samosa, Sweet Tamarind Chutney, Kachori, Stuffed Parothas, etc.

8) Spices for Spiced Pulao (1 kilo rice)
1 tsp. cummin seed
1 tsp. chilli powder or 3 red chillies according to taste
4 cloves
6 peppercorns
1 stick cinnamon
1/2 cardamom

Above spices should either be ground to a paste with a little water or should be ground dry and the powder kept for use as required.

Note: Curry spices (see Chapter I) such as coriander, chilli, turmeric, cummin, pepper, cloves, cinnamon, poppy can also be ground dry and stored. When using, grate onion, garlic and ginger and mix with the dry powder.

This way Dum spices (see page 3) can also be made into powder and stored. When using, add grated onions, ginger and saffron soaked in rose water.

It is impossible to indicate the exact quantities of spices. You can always add more of one and less of another according to individual taste. Even if one or two spices are missing, it would not affect much the flavor of curry.

WHITE CHEESE (PANIR)

Ingredients:
1 kilo milk (full cream)
Juice of one lemon or 1 tsp. citric acid dissolved in hot water

Method:

Bring the milk to boil. When it starts rising up, pour slowly the citric acid which is previously dissolved in hot water. As soon as milk starts curdling stop putting acid. Take off the fire. Strain into a piece of cloth and keep the whey (it can be added in curry instead of water). Hang the cheese, till all the water has dripped. Hang overnight. Do not squeeze.

Note: When using the cheese for curry, put the cheese under weight. When it becomes flat, remove the cloth and cut it into squares.

YOGHURT (DAHI)

Ingredients:

2 tbsp. yoghurt
1 liter milk (full cream)

Method:

Bring the milk to boil and remove from the fire. Put into wide mouthed bowl and cool to body temperature. Add 1 tbsp. yoghurt and mix thoroughly. Cover and keep in a warm place in winter and in a cool place in summer for some hours till it sets. After it sets, keep it in refrigerator. Once you have made the yoghurt, always keep a little to start the next lot. Yoghurt should be eaten fresh when it is not sour and it is considered beneficial to health.

If you are using Magnolia bottle milk, add 2 to 4 tbsp. of Nedo or other powdered milk to thicken the milk before setting it.

CHAPTER II

CURRIES

CHICKEN CURRY NO. 1

Ingredients:

1 kilo chicken (mutton, beef, pork) Cut into pieces
1/4 cup of clarified butter or any cooking medium
1 red onion sliced thinly
2 large tomatoes cut into pieces (If not available use 4 TBSP tomato sauce or puree
Curry spices ground freshly for 1 kilo (Refer curry spices in Chapter I) This can be substituted with 2-3 TBSP of curry powder.
1 TBSP chopped coriander leaves for decoration.

Method:

Heat the clarified butter. Fry the sliced onion till brown in colour. Drain and reserve. In the same oil, add the curry spices ground freshly and on a slow fire, fry till oil separates and colour becomes brown. Add the sliced tomatoes and fry again till oil separates. Add chicken and cook for a few minutes, till it changes colour.

Add salt and water. The quantity of water depends upon the quality of chicken, meat, etc. A tender meat will require less quantity of water than the tough meat.

Bring the curry to boil, lower the flame, cover the pot with a lid and simmer till the chicken is tender; and the gravy is thick. If using pressure cooker, close after adding water. For timing, see the instruction on the cooker. Usually meat takes 20 minutes to cook, while tender chicken takes only 5 minutes. Serve the curry garnished with reserved onion and chopped coriander leaves. Serve with pulao or chapati. This type of curry can be made out of different vegetables and their combinations like potato, cauliflower and green peas, raw jackfruits, carrots and beans, etc.

Chicken in Manila needs no water for cooking. After adding chicken, cook till tender.

CHICKEN CURRY NO. 2

Ingredients:

1 kg. chicken skinned and cut into pieces (2 thighs, 2 legs, 2 pieces breast, 2 wings, 2 pieces back and neck. The back and neck to be discarded when serving)

2 medium size onions)
a little garlic (2 cloves)) grind or grate fine
a little ginger (1 inch))

1/2 cup tomato sauce (Ram's or Del Monte)
1/4 cup whipped yoghurt – optional

turmeric)
chilli)
coriander) powdered spices
1 cardamom (large))
Bay leaf)
Saffron)
cloves) whole spices
cinnamon)
cardamom)

salt to taste
corn oil 3-4 tablespoons

Method:

Heat the oil in a skillet and when really hot drop all the whole spices and quickly add the onions, garlic and ginger to fry till light brown in colour. Then add the tomato sauce and the powdered spices and keep frying. When ready the oil will get separated and the colour will become a red-brown. Add the chicken pieces which should have been washed well. Keep frying till meat changes colour. Add salt and whipped yoghurt and keep frying till the water is almost absorbed. Reduce heat and simmer till meat is tender. Serve it hot, (sprinkled with roasted almonds or pili nuts) with boiled rice.

Note: If a richer taste is required use sour cream instead of yoghurt. The amount of gravy can be increased by adding a little hot water. For a hot curry, more red chilli powder could be added.

CHICKEN DUM

Ingredients:

1 kilo chicken cut in pieces (or beef or lamb for meat Dum)
8 onions (red)
2 tsp. cumin seed
1 tbsp. poppy seed
4-6 red chillies
6 cloves
1 inch piece of cinnamon
6 cardamoms, small
1 small piece of ginger
10 almonds, blanched
a few strands of saffron soaked in rose water
1/2 cup of clarified butter or any cooking medium
2 tbsp. yoghurt
salt to taste

Method:

Grind all the spices together: cumin seed, chillies, cloves, cinnamon, ginger, cardamoms, poppy seeds, almonds and only 2 onions, Mix the spices, yoghurt and salt well with chicken pieces; also mix the saffron paste and keep aside.

Now slice thinly the rest of the onions and fry till golden brown. Remove excess oil leaving only 2-3 tbsp. in the pot. Add the prepared chicken. Close the pot with tight lid so that steam does not escape. Cook till tender. Serve with rice pulao or alone. Serves 6 to 8 persons. This type of Dum can be made out of any meat, mutton, beef, lamb or using different vegetable combinations such as potatoes and cauliflower, potatoes and cabbage, jackfruit (jackfruit pieces are fried first and then used) etc.

CHICKEN KORMA

Ingredients:

1 kilo chicken
4 tbsp. clarified butter or any cooking medium
1/2 cup yoghurt

2 onions sliced thinly
4 cloves garlic)
1 piece ginger) Grind together with a little water.
4 red chillies)
2 tsp. 'Hot spices' (see Chapter I) ground coarsely

Method:

Fry the sliced onions till golden brown. Drain and keep aside. In the same oil fry the spices (garlic, ginger, chillies) over a slow fire. If it starts sticking to the pan add a little water. When oil starts separating add chicken, yoghurt, fried onions and salt. Cover the pot and simmer till tender. Add hot spices and cook for a few minutes. Serves 6 to 8 persons.

MEAT COOKED IN ONION (DO PYAJA)

Ingredients:

1 kilo mutton (Lamb or beef)
1/2 kilo onions sliced
4 to 6 tbsp. clarified butter or any cooking medium
2 cardamom
2 bay leaves
10 pepper corns
6 cloves
2 stick cinnamon
4-6 red chillies
1/2 cup yoghurt

Method:

Heat the oil. Add all the whole spices and half of the sliced onions. Fry till brown. In a saucepan add a little hot oil at the bottom, then a layer of meat and a layer of sliced onion, a layer of fried onions with spices, cover again with meat piece and again a layer of both kinds of onion and so on ending with a layer of meat pieces. Pour over remaining oil and salt to taste. Cook over medium heat till tender stirring occasionally. Add yoghurt, cook for a few minutes more till oil separates. No water is required. It will be cooked in onion water.

GREEN PEAS AND MINCED MEAT CURRY

Ingredients:

1 kilo minced meat (beef, pork, lamb or other minced meat can be used)
1 cup frozen or fresh green peas
2 large red onions sliced thinly
2 to 3 big tomatoes sliced or 2 tbsp. yoghurt
1/4 cup oil or any cooking medium
Freshly ground curry spices for a kilo (see Chapter I)
Salt to taste.

Method:

Fry the sliced onion till brown. Reserve half for decoration. Add a little water and cook till water is absorbed. Add the ground curry spices and cook on slow flame, stirring all the time so that they do not stick to the pan. Fry till oil separates. Add sliced tomatoes and again cook till oil separates. Add minced meat and fry on a low flame till half cooked. Add green peas if using fresh. Fry for some time more, then add salt and warm water according to requirement (1-2 cups water). Bring to boil, cover with a lid and simmer on a low flame till tender. If frozen peas are used, add now. Put in a service bowl and garnish with remaining fried onions and chopped coriander leaves. Serve with rice or chapati.

MEAT BALL CURRY

Ingredients for Balls:

1 kilo minced meat
6 to 8 pepper corns
1 piece of cinnamon
2 cardamom white
1 tbsp. chopped coriander leaves
2 chopped green chillies
1 piece of ginger
1 piece of bread soaked in water
1 egg

Method:

Pound all the above ingredients together well, except bread and egg, squeeze the bread and beat the egg and mix both with the minced meat. Make balls of walnut size.

Ingredients for Curry:

Freshly ground spices for 1kilo meat (see Chapter I)
2 onions sliced thinly
2 tomatoes cut into cubes or 2 tbsp. of yoghurt
1 tbsp. chopped coriander leaves
Salt to taste
1/4 cup of clarified butter or any cooking medium

Method:

Fry the onion in hot oil till brown (reserve half). Add ground spices and fry till oil separates. Add tomato pieces, fry for some time. Now add the minced meat balls and cook on a very low flame till the balls harden and there is no danger of breaking them. Add warm water (1-2 cups). Bring to boil and then lower the flame. Cover the lid and cook on a low flame till tender. Serve garnished with reserved onions and chopped green leaves. Serve with rice or chapati.

Note: Meat balls can also be fried in oil before putting in the curry if there is a danger of their breaking.

GUSHTABA

Ingredients:

1/2 kilo very tender and lean pieces of meat) Spices
1 black cardamom peeled) for put-
2 pieces of cinnamon) ting in
4 peppercorns) raw meat

Pound the meat with the above spices till soft like flour dough. Make balls of walnut size and keep aside till further use.

1 tsp. chilli powder
2 tsp. pepper, cinnamon, cummin and cloves powder
1 1/2 cups yoghurt
2 big red onions sliced
4 tbsp. oil
Salt to taste
Water

Method:

Fry the onions in oil till brown. Put in the yoghurt, fry till 1/4 of the yoghurt remains. Add 1 1/2 cups water. Bring to boil. Add the prepared meat balls and cook till tender over medium fire. Add chilli, pepper, cinnamon, cummin, cloves powder and salt. Remove from the fire and serve with rice pulao. This is a speciality from Kashmir.

EGG CURRY

Ingredients:

6 eggs (hard boiled, shelled and cut in halves)
2 onions sliced
4 cloves garlic
2 tsp. coriander
2 red chillies
1/2 tsp. turmeric powder
6 peppers
4 cloves
1 stick cinnamon
3 tomatoes chopped or
3 tbsp. tomato sauce
4 to 6 tbsp. oil
Salt to taste
Chopped coriander leaves
1 small pieces of ginger
1 tsp. cummin seed

Method:

Heat the oil in a saucepan, fry the sliced onion till brown (reserve half). Make a paste of the spices (garlic, onion, ginger, coriander, chilli, cummin, turmeric powder, cloves, pepper and cinnamon) with a little water. Add spices to the fried onion and fry till oil separates. Add chopped tomatoes, then fry again for sometime. Pour 2 cups of water and add salt to taste. Bring to boil, cover and simmer on slow fire till fat rises to the surface. Remove from the fire, add 6 eggs cut in half, serve garnished with fried onion and chopped green coriander leaves.

MEAT AND SPINACH CURRY

Ingredients:

1 kilo meat cut into 2 inch cubes
Fresh ground spices for 1 kilo (see Chapter I)
4 tbsp. yoghurt
1/2 kilo spinach washed and chopped thinly
Salt to taste
4 tbsp. clarified butter or oil

Method:

Heat the oil, fry the spices till oil separates. Add yoghurt, fry for a few minutes. Add the meat and salt and fry till the meat is nicely browned. Cover and simmer till half cooked. Add chopped spinach, cover and simmer. Stir occasionally till the meat is tender. Uncover and cook till liquid is thick. Serve with 'Rice' or 'Chapati'.

CHEESE AND SPINACH CURRY

Ingredients:

1 kilo spinach washed and chopped thinly
White cheese made out of 1 liter milk (cut in cubes
(See Chapter I)
Fresh ground curry spices for 1 kilo (See Chapter I)
3 tbsp. oil
Salt to taste
3 tbsp. yoghurt

Method:

Heat the oil, add the ground spices and salt, fry till oil separates. Add yoghurt, fry for a few minutes. Add spinach and cook over medium fire. When tender and the gravy is thick, add white cheese fried or without fried. It depends on individual choice. Stir, then cover and simmer for a few minutes. Remove from the fire and serve with 'Rice' or 'Chapati'.

NARGIS KOFTA

Ingredients:

1/2 kilo minced meat
8 peppercorns
4 cloves
2 onions chopped
1 piece of ginger chopped
1 piece of cinnamon
6 cloves of garlic
4 tbsp. split gram or garbanzo
2 red chillies

6 hard boiled eggs
2 eggs (beat them before use)
1/2 cup bread crumbs
Oil to fry

Method:

In a sauce pan, put the meat with all the spices, split gram, salt and 1 cup water. Cook till tender and dry.

Grind the meat and make 2 small flat cakes. Place one whole hard boiled egg on one cake and cover the egg with another one, press gently with greased palms of your hands to make an egg shaped ball. With 6 hard boiled eggs, make 6 egg shaped balls. Dip them in beaten eggs and then in bread crumbs. Fry in deep hot oil till brown on all sides. When cool cut them in halves in such a way that all three colours can be seen. (Brown meat, white egg, and yellow egg). Serve in a shallow platter facing upwards.

Nargis is Indian name for Narcissus flower which is yellow in the center with white around it.

NARGIS KOFTA CURRY

Ingredients:

2 red onions thinly sliced
2 tomatoes sliced or 3 tbsp. tomato sauce or Poori
4 tbsp. oil
Freshly ground spices for 1 kilo meat (See Chapter I)
Salt to taste
8 Nargis Kofta
Chopped coriander leaves

Method:

Heat the oil, fry the onions till brown and crisp. Drain and reserve half. In the same oil, add freshly ground spices. Fry till oil separates. Add tomatoes and fry for a few minutes. Add water 1 1/2 cups. Bring to a boil. Reduce the heat, cover and simmer for a few minutes till fat rises to the surface and the curry is thick. Pour the curry in serving bowl. Arrange in the curry the Nargis Koftas facing upwards to display the three colours. Serve garnished with chopped coriander leaves and fried onions.

FISH SPICED

Ingredients:

1 kilo white fish cut into pieces
2 tbsp. mustard seed
8 cloves of garlic
4 red chillies
1 tbsp. turmeric powder
6 peppercorns
1 tbsp. mango powder
1 cup oil for frying
Salt to taste

Method:

Grind all the spices and mix the powder spices and salt. Clean the fish and marinate with above spices for 1/2 hour. Heat the oil and fry fish pieces till brown on both sides. Serve hot with rice.

FISH CURRY

Ingredients:

2 tbsp. oil
1/2 garlic ground
1 tbsp. coriander ground
2 red chillies ground
1/2 tsp. turmeric powder
1 small piece tamarind (soak in 1 cup water and strain the juice)
2 tsp. mustard seed ground

Method:

Heat the oil and fry the ground garlic, coriander, and chillies and turmeric powder. Mix the ground mustard and tamarind juice in 1 cup water. Add to the spices and bring to boil. Add the above spiced fish and cook for a few minutes. Serve with rice.

FISH CURRY WITH YOGHURT

Ingredients:

1 kilo fish
8 tbsp. yoghurt
3 onions sliced thinly
2 onions ground
1 piece ginger ground
1 tsp. turmeric powder
1 tsp. hot spices (See Chapter I)
4 tbsp. cooking oil

Method:

Wash and cut fish into pieces and marinate them in half the yoghurt for 30 minutes. Beat the remaining yoghurt till smooth. Heat the oil and fry the sliced onions till golden brown. Add the ground spices, turmeric and salt and fry over low heat for 2 or 3 minutes. Add the fish, yoghurt and the hot spices. Cook till the fish is tender.

VEGETABLE KOFTA CURRY

Ingredients:

1/2 cup oil
Freshly ground curry spices (See Chapter I)
4 to 6 tbsp. gram dal powder
salt to taste
2 large onions (keep half for decoration)
1 tender white gourd peeled and grated (2 cups)
chopped coriander leaves for decoration
2 large size tomatoes or 2 tbsp. tomato sauce

Method:

Make a batter of gram dal powder and grated gourd with a little water. Add salt to taste, and 1/2 tsp. cummin seed, 1 tsp. chilli powder to the batter. Make small balls of walnut size with the batter. Fry them in oil on slow fire till brown. Keep aside.

Fry the onion in remaining oil in a saucepan (keeping half for decoration). Add freshly ground curry spices. Fry till oil separates. Add tomatoes cut into pieces or use tomato sauce. Cook for a

few minutes, then add water. Bring to boil, lower the flame put in the fried 'Koftas' and let them simmer for a few minutes. Serve garnished with fried onions and chopped coriander leaves.

CHEESE AND GREEN PEAS CURRY

Imgredients:

White cheese made out of 2 kilos milk cut into cubes
(See how to make cheese Chapter I)
1 bag of frozen peas
Freshly ground spices for 1 kilo (See Curry Spices Chapter I)
2 tomatoes, chopped or 4 tbsp. tomato sauce
4-6 tbsp. oil
chopped green coriander leaves

Method:

Heat the oil, add all the ground spices, and fry over low fire till oil separates. Add tomatoes and when oil separates again, add water. Bring to boil, cover and simmer till oil rises to the surface. Add the frozen peas and fried cheese. Remove from the fire. Serve garnished with chopped coriander leaves.

POTATO CURRY

Ingredients:

8 potatoes (big
2 onions (medium)
1/2 scraped coconut
2 inch piece of ginger
1/2 tsp. cummin seeds powder
1/2 tsp. coriander seeds powder
1/2 tsp. turmeric
1 tsp. chilli powder (optional)
1/2 cup yoghurt
2 tomatoes (medium)
1 1/2 to 2 tsp. salt
Crisco or oil

Method:

Grind onions, coconut and ginger together with a little water in it. In hot oil or Crisco fry this. When the water is dry, add powders of

cummin, coriander and turmeric and lastly chilli powder. Add yoghurt and tomatoes cut into pieces. When this is nicely fried, add potato pieces (potatoes should be peeled before cutting), salt and cover them with water. Cook till they are tender.

This type of curry can be made with different vegetables or their combinations like potatoes, peas, cauliflower, jackfruit (jackfruit pieces are fried first and then used) and so on.

SPICED GRAM
(CHHOLE OR GARBANZO)

Ingredients:

2 cups garbanzos (big gram)
1/2 cup cooking oil
Freshly ground spices for 1 kilo (See Chapter I)
4 tomatoes, 2 chopped, 2 sliced for decoration
chopped green coriander leaves and green chillies also for decoration
2 onions, 1 chopped, 1 sliced
A pinch of bicarbonate of soda
Salt to taste
1/2 cup tamarind juice or lemon juice to taste

Method:

Soak the gram and soda in water over night. Next morning boil the gram with little salt in remaining water in pressure cooker for ten minutes. Fry chopped onion until golden brown. Take all the ground spices, add to onions, fry on slow fire stirring all the time for a few minutes. Add chopped tomatoes and cook till oil separates then add gram with remaining water and let it simmer for sometime. Remove from the fire, add lemon juice or tamarind juice according to taste. When ready to serve, place in serving dish, decorate with sliced onion and tomatoes, sprinkle with green chillies (chopped) and green leaves. Serve with chapati or rice. Serves 6 to 8 persons.

POTATO DUM
(With Gravy and Dry)

Ingredients:

12 potatoes (medium size)
1 cup oil

Method:

Peel the potatoes and make several holes, all round the potatoes with a pointed wooden stick, size of 12 no. knitting needle. Heat the oil and fry the potatoes till brown over a medium fire. Drain and keep aside for further use.

Ingredients for Dum with gravy:

Freshly ground spices for 1 kilo (See Chapter I)
1 onion thinly sliced
salt to taste
3 tbsp. yoghurt
1 bunch of chopped coriander leaves

Method:

Heat 3 tbsp. oil in the sauce pan and fry the sliced onion, till brown. Drain and reserve for decoration. In the same oil, add the freshly ground spices, and cook till oil separates. Add yoghurt and cook for a few minutes. Add the fried potatoes and salt to taste. Stir 2 or 3 times. Add 1 cup water and bring to boil, lower the flame, cover the pan and simmer till potatoes are tender and the oil rises to surface.

The amount of gravy can be increased by adding a little warm water. Serve hot garnished with fried onion.

Ingredients for dry Dum:

3 tbsp. hot spices ground roughly (See Chapter I)
2 tsp. chilli powder
4 tbsp. yoghurt
Salt to taste

Method:

Heat 1 tbsp. oil in the sauce pan and add all the above spices. Stir 2 times then add the fried potatoes with holes. Stir 2 or 3 times, add yoghurt and salt. Lower the flame and cook covered till potatoes are tender. Remove from the fire. Serve hot.

POTATO WITH YOGHURT
(Dahi Wale Alu)

Ingredients:

1 cup yoghurt
1 tbsp. oil
1-2 tsp. chilli powder
1/2 tsp. turmeric powder
1 bunch chopped coriander leaves
1/2 tsp. mustard
1 small piece asafoetida (Hing)
1 green chilli cut into 2
salt to taste
1/2 kilo potatoes boiled and peeled

Method:

Heat the oil. Add mustard seed and asafoetida. When the seeds begin to splutter and burst, add half of potatoes cut in cubes. Fry for a few minutes. Beat the yoghurt till smooth and add the remaining half of the potatoes mashed. Beat the mixture adding a cup of water gradually. Pour this mixture over the fried potatoes. Add chilli powder and turmeric powder. Stir and bring to a boil and simmer. Lower the heat, add chopped coriander leaves, green chilli and salt. Remove from the fire and serve.

CHAPTER III
KABABS, CHOPS & OTHER DRY ITEMS

TANDOORI CHICKEN NO. I

Ingredients:

1 whole chicken (truss, clean and prick with the fork on both sides)
1 cup yoghurt
8 cloves of garlic)
1 onion) grind with a little
2 inch piece ginger) water and make a paste.
1 tsp. chilli powder
1 tsp. coriander powder
1 tbsp. vinegar
1/4 tsp. nutmeg
Juice of 1 lemon
10 drops of red colouring
Salt to taste
2 tbsp. clarified butter)
2 tsp . hot spices (See Chapter I)) for basting
1 lemon cut into halves)

Method:

Beat the yoghurt in bowl, add the ground spices, chilli and coriander powder, vinegar, nutmeg, colouring, salt and lemon juice. Rub this mixture on the chicken and keep refrigerated for 6 hours. Put on skewer and brush with oil. This chicken is cooked in a large long earthen ware oven called Tandoor. Tandoor is made hot by burning charcoal inside. The chicken is roasted inside on skewer. When cooked, sprinkle over the hot spices and squeeze over the lemon juice. Serve hot as soon as it comes out of the oven.

This way whole fish is also cooked.

Note: This chicken can be cooked in oven also like Tandoori Chicken No. II or cook on a barbecue rotary spit.

TANDOORI CHICKEN NO. 2

Ingredients:

1 chicken
1 cup yoghurt
8 cloves of garlic
2 inch piece of ginger
juice of 1 lemon or kalamansi juice
1 tsp. salt
1 tsp. chilli powder (optional)
1/2 tsp. cummin seed, powdered
1/2 tsp. coriander seeds, powdered
1/4 tsp. cinnamon powder
a little tomato colouring
butter or ghee for basting
1 tsp. salt
1/2 tsp. cumin seeds, powder) for sprinkling
1 tsp. green mango powder (dried)
1/4 tsp. cloves, powdered

Method:

Clean and wash the chicken and cut it into neat pieces. Mix thoroughly yoghurt, ground garlic and ginger, kalamansi juice, salt, chilli powder, cummin, coriander, cloves and cinnamon powder and a pinch or dash of tomato colouring. Dip chicken pieces into this. Take them out, prick them all over with a fork and keep them in the refrigerator for 7-8 hours. About 45 minutes to one hour before serving, place them on a grill and roast them in an oven at 250°C. After 10 minutes, take them out from the oven, baste with melted butter or ghee and sprinkle the mixture of salt, cummin seeds powder and green mango powder. Turn them over and roast again till the meat is tender.

CHICKEN STEW

Ingredients:

1 kilo chicken
4 onions, sliced thinly
4-6 red chillies
8-10 pepper corns

2 pieces cinnamon
2 cardamom, small
2 bay leaves
4 cloves
salt to taste
2 tbsp. yoghurt
1/4 cup clarified butter or any cooking medium
chopped green chillies, coriander leaves and ginger
10 raisins (optional)

Method:

Fry onions till golden brown. Add all the spices (chilli, pepper, cardamom, cloves, bay leaves) chicken and salt to taste. Cover the pot and cook over medium flame till tender. Occasionally stir so that it does not burn at the bottom of the pot. If the chicken is tough and more gravy is required, add water accordingly. When the chicken is tender, add yoghurt and simmer over a low fire till fat rises to the top. Put in a serving bowl and sprinkle with chopped ingredients and raisins (optional).

This type of stew can be made out of different meats, such as lamb, mutton, beef, pork, minced meat. For minced meat, no water is required. Potato, and cabbage can also be cooked like this.

FRIED CHICKEN

Ingredients:

1 chicken cut into pieces
6 cloves garlic)
1 small piece ginger)
2 red chillies) Grind together with
6 pepper corns) a little water.
2 eggs)
4 tbsp. bread crumbs
oil for frying
1 small piece of raw papaya ground or
1/4 tsp. meat tenderiser.

Method:

Flatten the chicken pieces with meat tenderiser or rub with ground raw papaya. Mix in well all the ground spices, keep them refrigerated for 6 hours. Beat the eggs, and dip the cutlets into them and then roll on bread crumbs. Fry on moderate flame till brown and crisp on both sides.

CHICKEN KABAB

Ingredients:

1 chicken (tender)
1 cup y oghurt
1 small piece ginger)
6 cloves garlic) grind together with a
2 red chillies) little water
2 onions)
8 peppercorns)
Salt to taste
2 tbsp. lemon juice
Half tsp. chilli powder
Half tsp. pepper pow der
2 tbsp. clarified butter or any cooking medium for basting.

Method:

Beat the yoghurt in a large bowl, add ground spices, lemon juice and salt to taste. Truss and clean the chicken. Prick all round well with the fork, and rub in the yoghurt mixture. Leave the chicken soaked in the mixture for a few hours. Put on skewer, brush with clarified butter and broil over charcoal fire till tender. When cooked, sprinkle chilli and pepper powder. Serve hot.

Note: If cooking on charcoal is not possible, cut the chicken into serving pieces and cook in oven.

SPICED WHOLE CHICKEN (MURG MUSSALLAM)

Ingredients:

1 chicken whole (large size cleaned)
1/2 cup clarified butter or any cooking oil
3 cups yoghurt
6 cloves garlic
1 tbsp. poppy seed) Grind together with a
1 small piece ginger) little water.
4 red chillies)
1/2 tsp. black cummin weeds)
1 tbsp. hot spices (See Chapter I)
Salt to taste
3 onions sliced thinly
10 Almonds blanched and ground

Method:

Mix all the spices, ground and powder, ground almond, and salt to taste in a big bowl. Rub the spices all over the chicken and keep aside for an hour. Heat the oil in a sauce pan and fry the sliced onions till brown, drain and keep aside. In the same oil, fry the spiced chicken till brown over medium flame.

Beat the yoghurt, mix the fried onions and pour over the cooking chicken. Cover the pan and let it simmer till tender. Uncover and fry till all the water is absorbed.

Whole cauliflower and whole potatoes (peeled) combined or separate can also be cooked in this manner.

MUTTON CHOPS

Ingredients:

12 mutton chops
2 tsp. chilli powder
1 tbsp. hot spices (See Chapter I)
1 onion grated
1 piece ginger grated
1 cup yoghurt
Salt to taste
1/2 cup oil
1 cup milk

Method:

Cook the chops in one cup of milk (if necessary, add a little more) with grated onion, ginger and salt to taste till tender and dry. Mix well yoghurt and all dry powder spices. Fry them in oil till they are brown on both sides.

BOTI KABAB

Ingredients:

1 kilo meat (Select the very tender parts, cut them into long strips 3" wide)
2 onions grated
1 tbsp. poppy seeds)
4 cloves garlic)
1 piece of ginger) Grind fine with a

1 small piece raw papaya)
8 pepper corns)
1 tsp. cummin seeds)
4 cloves)
1 stick cinnamon)
1/2 black cardamom
a little oil for basting
1 tbsp. mustard oil
Salt to taste

little water and add
1/4 tsp. nutmeg powder.

Method:

Mix all the spices, grated and ground; add mustard oil, and salt to taste. Add the meat and keep it soaked in the spices for 2 hours. Thread the meat strips on to skewers and grill, basting with butter. Serve with chapatis.

SEEKH KABABS

Ingredients:

1 kilo very fine minced meat
2 tsp. hot spices (See Chapter I)
1/2 tsp. chilli powder
1 piece ginger grated
Chopped coriander leaves or mint leaves
2 green chillies chopped
2 eggs
Salt to taste
1 small piece of raw papaya ground
2 onions sliced finely and fried golden brown
4 tbsp. oil
2 tbsp. lemon juice

Method:

Mix the eggs and minced meat well in a bowl, add 'Hot spices', chilli powder, grated and chopped ingredients, ground papaya, fried onions, and salt to taste. Grease the skewers. Shape the minced meat into pipe shape 4" long and 1" in diameter, with greased fingers on skewers evenly. Mix oil and lemon juice. Brush well with the oil mixture and grill gently, in greased grilling pan, till meat is tender and brown. Serve with sliced onion.

BAKED FISH WITH VEGETABLES

Ingredients:

1/2 kilo lapu-lapu fish boiled
1/2 kilo boiled vegetables cut into tiny pieces (French beans, peas, carrots)
tomato cut into rounds
6 tbsp. cream
salt and pepper to taste
1 tsp. chilli powder
2 tbsp. grated cheese
2 eggs
bread crumbs

Method:

Mash the boiled fish and remove the bones. Add cream and one egg. Beat till light. Season with salt, chilli and pepper. Also season the boiled vegetables with salt and pepper. Apply butter to a pyrex bowl. Arrange a layer of mashed fish,then a layer of boiled vegetables, a layer of fish, a layer of sliced tomatoes, a layer of fish, a layer of onions ending with a layer of fish on the top. Beat one egg, pour over the top and then sprinkle with cheese and bread crumbs. Bake in a moderate oven till brown.

PLAIN FISH FRIED

Ingredients:

1 kilo fish (white) cut into frying pieces
salt and pepper to taste
lemon juice or vinegar
2 eggs
4 tbsp. bread crumbs
1 cup oil for frying

Method:

Clean the fish pieces and soak into vinegar or lemon juice, salt and pepper for an hour. Beat the eggs. Dip the fish pieces into the egg batter and then into the bread crumbs. Fry in deep oil till brown on both sides. Serve with sauce.

POTATO CHOP STUFFED WITH MINCED MEAT

Ingredients:

1/2 kilo boiled minced meat
1 onion sliced
1 tbsp. hot spices (See Chapter I)
1 tbsp. ground and roasted spices (See Chapter I)
chopped coriander leaves, ginger and green chillies
salt to taste
2 eggs
bread crumbs
1 cup oil for frying
1 kilo potatoes boiled

Method:

Fry the chopped onion in 1 tbsp. oil till brown. Add boiled minced meat and fry for a few minutes till dry. Add hot spices, roasted spices, chopped ingredients and salt to taste. Peel and mash the boiled potatoes till quite smooth. Season with salt. Make balls of size of an egg, hollow in the center and fill in with minced meat. Cover with mashed potatoes. Dip in beaten eggs and coat with bread crumbs. Fry in deep oil till brown. Serve hot with tomato sauce or fresh green chutney.

POTATO CHOP STUFFED WITH GREEN PEAS

Ingredients:

1/2 kilo potatoes boiled
1 cup frozen or fresh green peas
1 tbsp. roasted and ground spices (See spices Chapter I)
1 tsp. mango powder
chopped green coriander leaves and green chillies
2 tbsp. poppy seed
salt to taste
1 cup oil
2 tbsp. split gram flour

Method:

Heat one tsp. oil, add the fresh peas and salt and cook over slow heat till tender. If necessary, add a little water but when cooked, it should be dry. If frozen peas are used, roast in a frying pan till dry. Grind and mix the roasted spices, chopped ingredients and mango powder.

Peel and mash the potatoes till quite smooth, season with salt and chilli powder. Make balls of walnut size, hollow in the center and fill in with green peas. Cover with mashed potatoes and make like a cake, coat them with poppy seeds. Roll them in gramflour and fry till brown all round. Serve with tomato sauce or chutney.

POTATO KABAB
CHEESE KABAB

Ingredients:

1/2 kilo large size potatoes
1 piece of ginger, freshly ground
1 large onion, freshly ground
1/2 tsp. peppercorns, freshly ground
1/2 cup oil
4 tbsp. yoghurt
salt to taste

Method:

Peel and cut potatoes round 1/4 of an inch in thickness. Fry them in oil till cooked. Remove and put in a strainer. Mix ground ginger, onion, peppercorns, yoghurt and salt to taste. Add the fried potatoes and mix well with the spices. Thread them on the skewer. Brush well with cooking oil. Roast them on charcoal fire, turning all round till they are brown and crisp.

This type of kabab can also be made with white cheese. Cut cheese into pieces and fry them and mix the above spices. Thread them on the skewer and roast them on charcoal. Brush with clarified butter and the remaining spices.

GREEN PEAS CHOPS

Ingredients:

1 cup oil
1 kilo fresh green peas peeled
2 large onions chopped very finely
1 tbsp. roasted and ground spices (See Chapter I)
6 peppercorns ground coarse and dry
Chopped ginger, coriander leaves and chilli

Method:

Grind the fresh green peas with water. Add salt. Heat 1 tbsp. oil, add the ground green peas, cook stirring all the time till it becomes a thick paste. Add roasted spices, chopped ingredients, chopped onions and make balls with greased hands and flatten like potato chop. Fry in oil till brown.

BAKED CAULIFLOWER AND CHEESE

Ingredients:

1 big cauliflower
2 tbsp. flour
3 tbsp. grated cheese
1 1/2 cups milk
Salt and pepper to taste
1/2 tsp. chilli sauce
1/2 tsp. chilli powder
2 tbsp. butter
1 tsp. chopped parsley and celery

Method:

With salt, boil the cauliflower in a little water. Make white sauce. In 1 tbsp. butter, fry the flour in a saucepan till light brown. Add milk stirring all the time, cook over slow fire till thick like custard. Add all the seasoning and sauces. Apply butter to a pyrex bowl. Arrange cauliflower. Pour over the prepared white sauce. Sprinkle grated cheese. Put some dots of butter. Bake in a medium oven till golden brown. Serve hot.

In this way other boiled vegetables and their combination can be baked with white sauce like potatoes, beans, carrots, green peas and cabbage etc.

Note: Boiled fish (skinned and boned) and boiled cauliflower cut into small pieces mixed together can be baked with white sauce as above.

BAKED STUFFED POTATOES

Ingredients:

1/2 kilo even size potatoes (medium)
100 gms. spring onions
100 gms. French beans
100 gms. green peas
100 gms. carrots
1 tsp. chilli sauce
1 tsp. chopped parsley and celery
1 tsp. red chilli powder
1/2 tsp. pepper powder
3 cups milk
3 tbsp. flour
2 tbsp. butter
2 tbsp. oil
4 tbsp. grated cheese

Method:

Boil potatoes, carrots, peas and French beans. Peel potatoes neatly with a round scooper. Chop carrots onions, French beans, parsely and celery finely.

Heat oil, add chopped vegetables, for binding add mashed potatoes (which were scooped out). Add other seasoning and sauces. Fill the scooped potatoes with this mixture. Make white sauce as before. Apply butter to pyrex bowl. Arrange potatoes and add the prepared white sauce over the potatoes. Sprinkle grated cheese. Put some dots of butter. Bake in a medium oven till golden brown. Serve hot.

STUFFED BITTER SQUASH
(Karela Ke Kalonji)

Ingredients:

6 bitter squash
8 onions large sliced

1/2 cup yoghurt
1 raw mango peeled and ground or 1 tbsp. Mango powder
1 tsp. chilli powder
1 tbsp. "Hot Spices" (See Spices Chapter I)
1 tsp. coriander powder
1/2 tsp. fenugreek roasted and powdered
2 tsp. onion seed ground
salt
oil

Method:

Scrape the bitter squash and make slit on the sides and remove the seeds (for using later) Rub the inside and outside with salt and leave for 1/2 an hour and wash. Do this 2-3 times and then dry them.

For stuffing:

Heat a little oil, fry the seeds, add sliced onions (fried or raw) all the spices, mango powder and salt to taste. Stuff the bitter squash with onion mixture and tie them with thread. Put the stuffed squash in a sauce pan. Beat the yoghurt with a little water and pour over the squash. Cook over medium fire till tender and dry. Heat the oil, fry the stuffed squash till brown on all sides. It can be kept refrigerated for a week.

LIVER WITH GRAVY

Ingredients:

250 gm. liver cut into small pieces
1 onion grated
1 tsp. chilli powder
1 tsp. 'hot spices' (See Chapter I)
4 cloves of garlic
1 small piece ginger, grated
Salt to taste
2 tbsp. yoghurt
2 tbsp. oil

Method:

Mix all the grated and powdered spices with a little water and make a paste. Heat the oil. Add the paste, fry for a few minutes, then add the liver. Cover and cook over a medium fire till oil separates. Add 1/2 cup water and salt to taste. Cook till tender. Remove from the fire and serve hot.

LIVER KABABS

Ingredients:

1 kilo liver (lamb)
juice of 2 lemons or 4 tbsp. yoghurt
2 tsp. chilli powder
Salt to taste
Oil for basting
1 piece ginger grated
2 tsp. pepper powder

Method:

Wash and dry liver and cut into one inch pieces. Marinate the pieces in lemon juice, spices and salt for 1 hour. Fix the liver on to skewers and grill gently. Baste with oil.

FISH BALLS

Ingredients:

1/2 kilo fish
Juice of 2 onions
Juice of 1 piece ginger
Tomato sauce
1 tsp. vinegar
1 tsp. hot spices
2 tbsp. bread crumbs
1 tsp. chilli powder
Salt to taste
chopped green coriander
leave and green chillies
1 cup oil for frying

Method:

Boil the fish in a little water with juice of onion and ginger and salt to taste. When all water is absorbed and fish is tender, remove from the fire. Mash the flesh and remove the bones. Add chopped ingredients, spices, sauce and vinegar. Make balls of walnut size. Beat the eggs and dip the balls into the egg batter. Roll over bread crumbs and fry in oil till golden brown. Serve hot.

SPLIT GREEN DALL KABAB
(Moong Dall Ke Kabab)

Ingredients:

2 cups split 'Mung' (Mungo, that is green lentil)
1 tbsp. roasted and ground spices (See Chapter I)
6 peppercorns ground rough and dry
Chopped coriander leaves, green chilli and ginger
Salt to taste
1/2 cup cooking oil

Method:

Soak split 'mung' in water 1 inch above the level of split 'mung' for 3 to 4 hours. Rub and remove the skin. Grind fine, put in a bowl, mix with water to make a thick batter. Add turmeric powder and salt to taste. Heat 1 tbsp. oil and add the batter. Cook stirring all the time till it becomes a thick paste. Add roasted and ground spices, chopped ingredients. Make balls of a walnut size or you can also flatten the balls a little by pressing them in between your palms. Fry in deep hot fat till brown on both sides. Serve as a snack. Serves 6 to 8.

Note: These balls can also be added in rice pulao or in a curry as you make cheese curry and cheese pulao.

SPLIT GRAM KABAB
(Kharera)

Ingredients:

1 cup split gram powder (besan)
2 red chillies
6 pepper corns

4 cloves garlic
1 tsp. cummin seed
1/2 tsp. turmeric powder
1 small onion
(Grind the above spices in a little water and make a paste.)
1 tbsp. mango powder
Chopped chilli and coriander leaves
1/2 cup oil
Salt to taste

Method:

Put the split gram powder in a bowl. Add the paste of spices, mango powder and salt to taste. Gradually add water to make a batter. Heat 1 tbsp. oil, add the batter, cook till it becomes a thick paste. Add chopped chillies and coriander leaves. Make balls with greased hands and fry in deep oil till brown on both sides.

Another method to make 'Kharera' with the batter is to pour the thick paste on a greased plate. Flatten with a greased hand and cut 1/4 inch thick. Fry in deep oil till brown on both sides. You can also put them in curry.

FRIED POTATO
(Bhunjia)

Ingredients:

1/2 kilo potatoes boiled peeled, diced
2 onions thinly sliced
1 onion grated
3 red chillies freshly ground
1/2 tsp. turmeric powder
4 tbsp. oil
Salt to taste
2 tomatoes, cut into cubes

Method:

Heat the oil, fry the onion till brown. Add grated onion, red chilli and turmeric powder. Fry for a few minutes. Add tomatoes, cook gently for a few minutes and then add diced potatoes and salt to taste. Stir 2-3 times. Remove from the fire and serve.

POTATO AND GREEN PEAS
(Alu Matar Sukhe)

Ingredients:

1/2 kilo potatoes peeled and diced
1 cup shelled green peas
1 large onion sliced
6 tbsp. oil
1 tsp. turmeric powder
1 tsp. chilli powder
1/2 tsp. ginger powder
1 tsp. hot spices
Salt to taste

Method:

Heat the oil and fry the onion till brown. Add the diced potatoes and all the spices except the 'hot spices'. Cook for some time then add the green peas and salt to taste. Cook slowly covered till tender. When ready, sprinkle with the hot spices and serve with poori or rice.

STUFFED POTATO AND BRINJAL
(Alu Bengan Ke Kalonji)

Ingredients:

6 medium size potatoes
6 medium size brinjal (eggplant)
6 onions
6 to 8 tbsp. Kalonji spices (See Chapter I)
8 cloves of garlic peeled and ground
2 tbsp. mango powder
4 tbsp. oil
Salt to taste

Method:

Wash and clean potatoes and brinjals. Make one slit on the side of each brinjal to fill the spices and 2 slits on the potatoes and onions. Mix all the spices (roasted spices, garlic, mango powder, ground garlic and salt to taste). Now take potatoes, brinjal and onions and stuff them with the mixture of spices and tie them with thread so that the spices will not come out when frying. Heat the

oil in deep pan. Add potatoes, brinjals and onions. Cook over a slow fire turning the vegetables till they are tender and well browned.

STUFFED LADIES FINGER (OKRA)

Stuff 1/2 kilo ladies finger (okra) in the same way with the same spices and fry till tender and brown.

CAPSICUM STUFFED WITH MINCED MEAT

Ingredients:

8 capsicum
1/2 kilo minced meat (beef or mutton)
1 cup yoghurt
1 small piece ground ginger
4 cloves of garlic, ground
1 tsp. hot spices, powder (See Chapter I)
1/2 tsp. chilli powder
2 tomatoes sliced
1 onion, sliced
2 tbsp. oil
Salt to taste
Chopped coriander leaves and chilli

Method:

Cut upper part of the capsicum taking out the seeds and knob of flesh near the top. Bring water to boil, add one tsp. salt and the capsicum. Reduce the heat, cover the pot and simmer for a few minutes. Drain and keep aside. Fry the chopped onion in oil till brown. Add ground ginger, garlic, hot spices, chilli powder, minced meat, tomatoes and salt to taste. Cook covered on medium fire. Stir occasionally, till tender and dry. Add half of the chopped coriander leaves and chilli, fry for a few minutes. Remove from the fire. Fill the capsicums with the cooked meat. Arrange the tied capsicums on an open greased dish. Bake in a preheated oven for about ten minutes. Beat yoghurt, season with salt and pepper. Put one tbsp. of this yoghurt on each capsicum and garnish with chopped coriander leaves, serve hot.

CAPSICUM STUFFED WITH POTATOES

Ingredients:

1/2 kilo potatoes boiled, peeled and diced
2 tbsp. roasted spices (See Chapter I)
1/2 tsp. mango powder
1/2 cup oil
1/2 tsp. small mustard seed
1/2 tsp. cummin seed
6 capsicum green
chopped coriander leaves

Method:

Cut upper part of the capsicum, taking out the seeds and knob of flesh near the top. Scald in hot water and set aside. Heat 1 tbsp. oil. Add mustard seed and cummin seed. Fry till they splutter and burst. Add boiled diced potatoes and fry for some time till a little brown in colour. Put roasted spices, mango powder, chopped coriander leaves and salt to taste. Stuff the potato mixture into the prepared green capsicum. Stick the upper part of the capsicum with flour dough and fry them in remaining oil till tender or bake in a medium oven for a few minutes.

CABBAGE BHUNJIA

Ingredients:

1 cabbage thinly sliced
1/2 tsp. mustard
1/2 tsp. cummin seed
chopped coriander leaves and green chilli
salt to taste
1/2 tbsp. oil
1 tbsp. grated fresh coconut

Method:

Heat the oil. Add cummin and mustard seed. When mustard seed begins to splutter and burst, add sliced cabbage, cook on low heat till cabbage is tender. Add chopped and grated ingredients and serve.

This type of bhunjia can be made out of French beans or combinations of carrot, beans and cabbage.

BAKED POTATO
(Alu Ke Chokha (Bhurta))

Ingredients:

6 medium size potatoes
2-3 chopped green chillies
1 small onion chopped
chopped coriander leaves
1/2 tsp. mustard oil or 1/2 tsp. lemon juice

Method:

Bake the potatoes in slow charcoal fire, or in oven or just boil. When cooked, mash the potatoes and mix chopped green chillies, onion, coriander leaves, mustard oil or lemon juice and salt to taste.

BAKED BRINJAL
(Bengan Ke Chokha (Bhurta))

Ingredients:

2 big round Brinjal
6 cloves garlic
2 green chillies
1/2 tsp. mustard oil
1/2 tsp. lemon juice

Method:

Wash the brinjals and slit in places. Insert cloves of garlic one in each hole. Insert whole green chillis in the same way. Light the gas, bake the whole brinjal straight on the flame or bake in the oven till cooked and tender. Brinjal cooked straight on the charcoal is very tasty. When cooked, wash again, and remove the skin.

Mash the inner part along with green chillies and garlics. Add mustard oil, lemon juice, salt and chopped coriander leaves.

Another type:

When the brinjal is cooked, cleaned, and mashed, keep aside. Heat 2 tbsp. oil fry one chopped onion till brown, add 2 chopped tomatoes, fry for some time, add cooked and mashed brinjal, 1 tsp.

ground and roasted spices (See Chapter I). Salt to taste, cover the pot and simmer for a few minutes. Remove from the fire and serve hot garnished with chopped coriander leaves.

PAKODA

Ingredients:

1 cup gram flour
1/2 tsp. turmeric powder
1/2 tsp. cummin seed
1 tsp. chilli powder
4 cloves garlic ground
salt to taste
chopped green chillies and coriander leaves

Method:

Put gram flour in a bowl, mix turmeric powder, cummin seeds, chilli powder, ground garlic, chopped ingredients and salt to taste. Gradually add water and beat to a thick batter. This is the basic batter for making any kind of Pakodas. Any kind of sliced vegetables may be dipped into the batter and fried in deep oil till cooked crisp and brown on both sides. Cook over medium flame.

How to cut vegetables for Pakoda: Potatoes should be cut in round thin chips. White squash, eggplant, onion same as potatoes, cauliflower should be cut in tiny pieces. Spinach can be made with whole leaves or chopped. Another way is to cut all the vegetables such as potato, white squash, onion, eggplant into very tiny pieces and mix with the batter and put one tbsp. of this mixture into oil and fry. Green peas pakodas can be also made in this way.

DHOKLA

Ingredients:

1 cup rice soaked in water for 3 hours
1 cup split gram soaked in water for 3 hours
2 chopped green chillies
1/4 tsp. cooking soda
1 tbsp. yoghurt or juice of 3 kalamansi or lemon

Method:

Grind rice and split gram separately. Put the ground split gram and rice, chopped chillies, soda and yoghurt or juice in a bowl. Mix all well, pour the mixture in a pot on which you can steam. Keep the mixture covered overnight. Steam till cooked. To test if cooked, pierce with a fork. Serve after garnishing with chopped coriander leaves and grated coconut.

CHAPTER IV
RICE PULAO ETC.

PLAIN PULAO

Ingredients:

1 kilo rice, fine, long grained (such rice should be used for all types of Pulao and Biryani)
1 tsp. cummin seed
1 cup frozen or fresh peas
2 tbsp. clarified butter
Salt to taste

Method:

Heat the butter, add cummin seed, fry till it gets dark in colour. Add rice, fry for a few minutes. Then add salt and water, 1 inch above the level of the rice. Bring to boil and then simmer on low flame, add peas if fresh peas are used. Cover and cook till rice is tender. Mix in frozen peas now if frozen peas are used.

Serve with curry – 6 to 8 servings.

POTATO AND GREEN PEAS PULAO

Ingredients:

1 kilo rice
4 potatoes diced
1 packet of frozen peas or 1 cup of fresh peas
Pulao spices (for 1 kilo)
3 onions sliced thinly
Water (1 cup rice – 2 cups water)
1/4 cup of clarified butter
Salt to taste

Method:

Fry onions in butter till golden brown. Drain and reserve for decoration. Add ground pulao spices and fry over low flame till oil separates. Put diced potatoes and green peas if fresh peas are used. Turn 2-3 times. Add rice and fry for a few minutes. Add salt and water 1 inch above the level of the rice. Bring to boil and simmer over a low flame. Cover with a lid and cook till the rice is tender.

If frozen peas are used, mix them with rice. Serve in a flat dish garnished with the fried onions. Serve with curry. Serves 6 to 8.

This type of pulao can be made out of different vegetables such as carrots, French beans, sliced cabbage and capsicums. Another combination is potato, cauliflower and green peas.

TAHRI PULAO

Ingredients:

1 tbsp. roasted and ground spices (See spices Chapter I)
salt
3 onions
1 cup oil
2 green chillies, chopped
green coriander leaves
small piece of ginger
10 raisins
bread crumbs or gram flour
1 kilo rice
2 tbsp. clarified butter
4 white cardamoms
2 small pieces of cinnamon
2 bay leaves
water
salt
few saffron strands soaked in 1 tsp. rose water
2 tbsp. butter
4 cloves
1 tsp. chilli powder or) Grind
2 dried chillis) these
8 whole peppercorns) spices
1 tbsp. cummin seeds) in a
1 piece of cinnamon) little water and make a paste

Method:

Boil, peel and mash potatoes. Add roasted and ground spices and salt to taste, keep aside for further use. Fry chopped onions in oil; take out and mix with green chillis, green coriander leaves, ginger and raisins. With mashed potatoes make balls of walnut size, hollow in the center. Stuff the onion mixture in the center and

cover with the mashed potatoes. Press the balls flat. Roll potato cake in bread crumbs or gram flour, fry and set aside until needed.

Prepare rice the following way: Heat 2 tbsp. of butter, add 4 cloves, 4 white cardamoms, 2 small pieces of cinnamon, 2 bay leaves and rice. Fry, stirring it two to three times. Add water and salt. Let boil until half cooked. Reduce heat, cover and cook until soft. Now divide rice into 3 equal parts. Keep one part white, mix one part with saffron and mix the third part with the ground spices fried in left-over butter. Put heaps of 3 different colors of rice in your pot and in-between layers, put potato cakes.

Before serving, sprinkle with a little amount of water, heat in the oven. Serve with any curry.

COCONUT RICE

Ingredients:

1 cup rice
1/2 pkt. desiccated coconut
1 tsp. mustard seed
1 tbsp. 'urad' dal roasted and powdered
3 red chillies)
3 green chillies) cut in small pieces
A pinch of Asafoetida powder (hing)
8-10 cashewnuts – break into small pieces
2 tbsp. oil
2 tbsp. clarified butter
salt
curry leaves

Method:

Cook the rice. Spread it on a plate. Heat the oil and clarified butter in a saucepan. Add mustard seeds, red and green chillies, cashewnuts, asafoetida powder. When the mustard seeds start bursting, add coconut and curry leaves. Stir and roast till the coconut changes colour and gives a good smell. Take off the stove. Add urad dal powder and salt. Mix with the rice thoroughly.

Serve with raita.

BIRYANI

Ingredients:

(Chicken or mutton curry for Biryani)
2 kilos chicken or mutton, cut into pieces
6 large onions
1 large piece of ginger
4 cloves of garlic
1 tbsp. coriander
4 red chillies
2 tsp. hot spices (See Spices Chapter I)
3 cups yoghurt
4 to 6 tbsp. clarified butter
salt to taste

Method:

Grind all the spices and 2 onions, mix yoghurt and chicken or mutton and salt and soak for one hour. Heat the clarified butter and fry 4 sliced onions. Drain and dry, crush them well in small bits and add to the soaked chicken. In the same fat in which the onions were fried, add the soaked chicken, cook covered on medium heat till tender. There should be very little gravy, if needed a little water can be added.

Ingredients for rice:

1 kilo rice
2 tbsp. clarified butter
4 white cardamom
2 bay leaves
2 cloves
a stick cinnamon
A few strands saffron soaked in rose water
Salt to taste
1/2 cup milk
2 tbsp. lemon juice

Method:

Fry onions till brown. Drain and reserve for decoration. In the same hot fat, add rice, cardamom, bay leaves, cloves and cinnamon. Fry till the rice is glazed. Add water and salt. Water should be 3/4

inch above the level of the rice. Bring to boil and then lower the flame, cover and cook over medium heat till all the water is absorbed. Take out nearly all the rice, leaving a layer at the bottom of the pan. Put a layer of meat or chicken curry on top of this, then layer of rice, and so on ending with a top layer of rice. In every layer of rice make several holes with the fingers and sprinkle in the saffrons. Put over a low fire, sprinkle lemon juice and milk, cook till rice is tender. Serve decorated with fried onions. Serves 6 to 8.

PEAS AND CHEESE PULAO

Ingredients:

150 gms. white cheese cut into pieces and fried.
1 kilo rice
4 white cardamom, 4 cloves, 6 pepper corn
2 bay leaves
2 onions sliced thinly
1 cup green peas frozen or fresh
4 tbsp. clarified butter
10-12 cashew nuts, fried
Salt to taste

Method:

Fry onions in butter till brown. Drain and keep for decoration. In the same hot fat, add bay leaves, cloves, peppers, cardamom and rice. Fry for a few minutes and add salt and water one inch above the level of the rice. Bring to boil, then lower the flame, cover with a lid and simmer till rice is tender. When still steaming hot, add the fried cheese and frozen peas. Without mushing the rice, mix well carefully. Switch off the heat. Keep the rice on the hot oven covered with the lid for a few minutes more. Before serving, place in a flat dish garnished with fried onions and fried cashew nuts.

Note: Instead of cheese and peas, cooked carrots and beans can also be used. Slice them thinly first and then mix with the rice just before serving. Sprinkle over fried onions and fried cashew nuts.

MEAT OR CHICKEN YAKHNI PULAO

Ingredients:

1 kilo rice
1 kilo meat or chicken cut into pieces
1/4 cup of clarified butter
2 bay leaves
6 cloves
2 one inch sticks of cinnamon
6 black pepper corns
2 tbsp. almond, sliced or whole
2 large onions, sliced thinly
A few strands of saffron soaked in rose water

Method:

Put half the onions, the meat or chicken and spices (bay leaves, cloves, pepper and cinnamon) tied in a thin cloth in a sauce pan with 1 2 cups of water and bring to a boil. Add salt to taste. Simmer till the meat is tender. Remove the meat from the liquid and keep aside, strain the liquid and if not enough to cook the rice, add a little more water. Heat the oil in a sauce pan and fry the rest of the onion till brown. Take the onions out and keep aside. Put the meat in the same fat and fry till the meat is dry. Remove meat to a platter. In the same hot fat, fry the rice for a few minutes, add the stock and bring to a boil, cover the lid and let it simmer till all the water is absorbed. Add fried meat and saffron, cover and put over a very low fire till rice is tender.

Serve garnished with fried onions and fried almonds. Serves 6 to 8.

KHITCHREE NO. 1

Ingredients:

1 cup rice
3/4 cup split mung without skin (green lentil)
1 medium onion sliced
1 tsp. cummin seed
1 small stick cinnamon
2 tbsp. clarified butter
1/4 tsp. turmeric powder
4 cloves

1 cardamom peeled
Salt to taste.

Method:

Clean and wash rice and mung. Fry the sliced onion till brown. Take out and keep aside. In the same hot butter, add cummin seed, cinnamon, cloves, cardamoms and turmeric powder. Fry a little. Add washed rice and mung and keep stirring till the rice begins to stick to the pan. Now add salt and hot water, an inch above the level of rice. Bring to a boil then simmer on a very low heat till cooked. Serve garnished with the fried onions.

KHITCHREE NO. 2

Ingredients:

1 cup rice cleaned and washed
3/4 cup cleaned and washed split mung (remove the skin by soaking in water)
1 tsp. cummin seeds
1 tsp. turmeric powder
4 cloves of garlic cut into pieces
1 red chilli cut in small pieces
Salt to taste
Water
1 tbsp. clarified butter

Method:

Put rice and split mung in a large sauce pan with sufficient water (2 inches above the level of rice and split mung). Add salt and turmeric powder. Bring to a boil, then simmer till tender. Keep aside. Fry the cummin seed in clarified butter for a few seconds, add red chilli and garlic and fry till colour changes. Transfer this into the rice. Serve with 'papur and chutney'.

CHAPTER V

INDIAN BREADS (Chapatis, Poories, etc.)

PLAIN ROTI OR CHAPATI NO. 1

Ingredients:

1/2 kilo whole wheat flour
2 tbsp. clarified butter
water

Method:

Mix flour and water to make a stiff dough. Knead well using a little water to make soft dough. Cover and keep refrigerated for a few hours. Knead again just before cooking. Take a piece of walnut size and make into round balls. Flatten the ball and roll out thinly into rounds.

Heat griddle (A round heavy flat pan made of iron) till it is very hot and put chapati on it for a few minutes, then turn the chapati and cook till a few little spots appear. Take off the griddle from the fire and put the 'Roti' on to a toaster directly over the fire till it puffs up. Roast on both sides. Chapati puffed on charcoal is very tasty.

Remove from fire, put butter on one side only and serve. To keep the chapati soft and hot wrap them in foil or in a clean napkin. Chapati should be served very hot and preferably as soon as they are cooked.

ROTI NO. 2

Ingredients:

1/2 kilo wheat flour
2 tbsp. cream
milk as much necessary to make dough
2 tbsp. clarified butter
Salt to taste

Method:

Make a dough of above ingredients. Make balls, roll into round and cook like above (Plain Roti)

GRAM FLOUR AND WHEAT ROTI

Ingredients:

1/2 cup split gram flour
3/4 cup wheat flour
1 tsp. salt
1 tbsp. coriander leaves chopped or Fenugreek leaves chopped
1/2-1 green chilli chopped very thinly
2 tbsp. clarified butter
1/2 tsp. Ajwain (looks like cummin seed but smaller in size)

Method:

Sieve the gram flour and wheat flour. Add Ajwain, and salt. Mix well chopped leaves and chilli. Make a dough with a little water. Make balls. Roll them on a floured board and cook on a hot iron griddle, like chapati or cook like parothas with a little oil.

POORI

Ingredients:

1/2 kilo whole wheat flour mixed with 2 tbsp. oil if desired
water
2 cups oil

Method:

Knead flour with water to make the dough. Keep covered with damp cloth for an hour. Knead again. Make small balls. Roll these out on a floured board till they are the size of a small saucer.

Put the oil in a deep frying pan and when smoking hot, put in one poori at a time. With flat spoon press the poori gently till it puffs out. Turn and cook till pale gold. Drain and serve at once.

STUFFED POORI
(Kachori)

Ingredients:

1 cup 'urad dal'
1/2 kilo whole wheat flour
2-3 cups clarified butter or any other cooking medium
2-3 tbsp. roasted and ground spices (See Chapter I)

1 tsp. raw mango powder or juice of one lemon
2 green chillies chopped thinly
1 small piece of ginger chopped or pounded
chopped coriander leaves
1 very small piece of 'Asafoetida', powdered

Method:

Soak the 'dal' in water for six to eight hours. In cold climate, it takes longer to soak; then wash and remove the skin, grind it into a paste. Put 2-3 tbsp. oil in a frying pan, add the paste and fry for sometime till it hardens and is not sticky. Remove from the fire and add all the ground spices, chopped chillies, ginger, coriander leaves and mango powder. Add salt to taste. Sieve the whole wheat flour, add 3-4 tbsp. oil. Mix and make a dough by adding water gradually. Knead well till smooth and leave for an hour. Knead again. Make balls of walnut size, hollow in the center. Stuff the dal paste in the center and cover it by drawing the edges towards the center. Roll these balls flat and round on a floured board. Fry till golden brown on both sides in deep hot fat. Serve with curry or by itself.

GREEN PEAS KACHORI

Ingredients:

2 cups whole wheat flour
2 cups frozen peas or fresh peas
2 cups any cooking medium
2 tbsp. roasted and ground spices (See Chapter I)

Method:

Heat 1 tsp. oil. Add the fresh peas and salt to taste. Cook on a low flame till tender, if necessary add a little water. But when cooked, it should be dry. If frozen peas are used, heat till they become dry. Grind the peas and add all the spices as in Urad dall Kachori. Make dough of whole wheat flour. Stuff in the pea paste and make Kachori as before. Fry till golden brown on both sides.

POTATO KACHORI

Ingredients:

1/2 kilo potatoes, boiled and mashed

1 tbsp. roasted and ground spices (See Chapter I)
6-8 black peppers, coarsely ground
1 tbsp. mango powder
1/2 kilo wheat flour
chopped chillies and coriander leaves
salt to taste
1 1/2 cups oil or any cooking medium for frying

Method:

No. 1) Mix all the spices, mashed potatoes, mango powder, chopped leaves and chillies together. Add whole wheat flour and make dough by adding a little water gradually. Salt to taste. Knead well with greased hands. Make balls of walnut size. Roll them round and flat on floured board. Fry them in deep hot fat till brown on both sides.

No. 2) Mix all the spices, mango powder, chopped leaves with mashed potatoes, and make kachori with whole wheat flour by stuffing potato paste as before. (Dal Kachori)

KHASTA KACHORI

It can be made either of Urad Dal or green peas. Stuffing is made in the same way as before with the same spices. See 'Urad Dal' Kachori and Green Peas Kachori.

Ingredients:

1/2 kilo all-purpose flour
2-3 cups clarified butter or any other cooking medium

Method:

Sift flour in a bowl, mix 4 tbsp. oil for each cup of flour, and salt to taste. Make dough by adding a little water gradually. Knead well till smooth. Shape dough into walnut-sized balls. Make hollow in the center. Fill in the green peas,spiced paste or 'urad dal' paste. Cover the paste by drawing the edges towards the center. Close them tightly so that the stuffing will not come out when frying. Press the balls with your palms and make flat. Heat the oil, then cool and put the kachori in oil. Cook on a very low flame till they puff up and crack slightly in the center. Increase the heat and fry

till they are brown on both sides. When cool, store in an airtight container. Keep them in refrigerator, but they are most tasty when hot.

PLAIN PAROTHA

Ingredients:

1/2 cup clarified butter or any cooking medium
2 cups whole wheat flour

Method:

No. 1) Sift the whole wheat flour and mix 2 tbsp. butter, and salt. Knead the flour into a soft dough. Make balls. Roll out flat and round, brush with 1/2 tsp. butter, then turn half, brush again with butter and turn so that it will be now triangular. Roll it flat on all three sides. Cook on a hot iron griddle, putting 1/2 tsp. butter on both sides till brown on both sides. Press gently with a platter when it starts puffing.

No. 2) With same dough, make balls and roll out round like a small plate. Brush with butter and roll up into balls again. Do this twice more. Now roll each ball into a flat parotha. Cook one at a time, lower the flame once the cooking starts, but griddle should be hot when you put in the new one.

CAULIFLOWER PAROTHA

Ingredients:

1 big cauliflower
2 tsp. roasted and ground spices (See Chapter I)
1 tsp. mango powder (optional)
chopped ginger, chillies and coriander leaves
2 cups whole wheat flour mixed with 2 tbsp. butter and salt
1 cup cooking medium
salt to taste

Method:

Cut cauliflower very fine. Fry on a slow fire in 1 tsp. butter. Add salt to taste and cook till tender. Mix roasted spices, (refer to Spices) chopped green ingredients and mango powder. Knead the flour thoroughly using a little water to make a soft dough. Cover

with a damp cloth, leave for 1-2 hours. Knead again. Make balls. Roll out each of the balls thinly and round in shape like a thin poori. Spread the cauliflower on one round and cover with another. Secure the edges. Put the parotha on hot iron griddle, cook for a few minutes, turn, and add 1 tsp. butter to the edges. Turn again and when brown patches appear on both sides the parotha is ready.

TOMATO PAROTHAS

Ingredients:

1/2 kilo tomatoes
2 onions, thinly chopped
2 green chillies, chopped
1 bunch of green coriander leaves, chopped
salt to taste
2 cups whole wheat flour
1/2 cup clarified butter or any cooking oil

Method:

Cut fresh tomatoes in small pieces. Mix chopped green chillies, onions, coriander leaves and salt to taste. Prepare dough as in Cauliflower Parotha, and make 2 'poories' as before, stuff in the tomatoes, squeezing if there is any water before stuffing. Press at the edges. Cook on hot iron griddle. Use 1 tsp. butter on each side. Cook till brown on both sides.

RADISH PAROTHAS

Ingredients:

4 white radishes, grated
1 tbsp. roasted spices (See Chapter I)
2 chillies, coriander leaves and ginger, chopped
1 tsp. mango powder
1 cup wheat flour
1/2 cup clarified butter or any cooking medium
salt to taste.

Method:

Mix grated radish, roasted and chopped spices, mango powder and salt. Make a dough of whole wheat flour. Roll 2 'poories' and

in between stuff grated and spiced radish. Cook the parothas as before till brown.

GREEN PEAS PAROTHAS

Ingredients:

1 1/2 kilos green peas, fresh or frozen
2 tbsp. roasted and ground spices (See Chapter I)
2 chopped green chillies and coriander leaves
1 tbsp. mango powder
salt to taste
1/2 cup clarified butter or any cooking medium
1 1/2 cup whole wheat flour, sieved and mixed with
2 tbsp. clarified butter

Method:

Heat 1 tsp. oil, add green peas if fresh, cook over a slow fire, add salt to taste. If necessary, add a little water. When tender, take off the fire and grind. If frozen peas are used, drain and heat them to dry. When dry, grind them. Mix roasted spices, chopped ingredients, salt and mango powder.

Make a dough of whole wheat flour by adding water gradually. Knead well and cover with a damp cloth, leave for 1-2 hours. Knead again. With the dough, make balls of walnut size with a hollow in the center. Put the prepared green peas stuffing in the center and close them by drawing the edges in the center. Roll the balls round and flat on a floured board, cook on hot iron griddle till brown on both sides, using 1 tsp. clarified butter on each side.

This type of parotha can be made with mashed potatoes and with 'urad dal' stuffing.

SPLIT GRAM PAROTHAS

Ingredients:

1 cup clarified butter
1/2 gram dal (split gram) soak in water 3-4 hours
2 tbsp. roasted spices (See Chapter I)
1 tsp. mango powder
chopped green chillies and coriander leaves.

1/2 tsp. cummin seed
1 small piece of Asafoetida (hing)

Method:

Heat 1 tsp. butter, put in asafoetida and cummin seed. Fry till they are dark in colour. Add split gram and salt to taste. Cook till tender. A little water can be used if necessary. But when cooked it should be dry. Then grind the cooked split gram and mix the spices, chopped ingredients and mango powder.

Prepare dough, make balls, hollow them in the center. Put the prepared stuffing in the hollow and close them by drawing the edges in the center. Roll the balls round and flat on floured board. Cook till brown on both sides using 1 tsp. butter on each side. Serve with curry or enjoy by itself.

'Gram dal' Parotha can be made sweet also. Boil the soaked 'dal' in a little water till tender and dry. Grind and mix sugar to taste and 1/2 tsp. cardamom powder. Make parotha as above; instead of spiced 'dal' filling, use this sweet filling. Roll parotha as above. Cook on hot iron griddle. Cook on both sides without using oil. When brown on both sides, take off the fire, butter them on both sides and serve.

CHAPTER VI

LENTILS (DALLS)

Lentils known as 'dal' are of different varieties and are served at every meal, they are eaten with roti (bread) or rice. Lentils contain protein and are very nourishing and cheaper than meat. Dall forms with 'roti' or rice the staple diet of the common man of India.

Dall Arhar is yellow with brown skin
Dall Mung has got green skin
Dall Chana is yellow with dark brown skin like garbanzo but smaller in size and darker in color
Dall Masur is pink with brown skin
Dall Urad has got black skin

Many kinds of snack such as 'Dahi Bara', 'Kachori', Khasta Kachori, etc. are prepared with 'Mung' and Urad Dall.

With chana dall also many delicious dishes are prepared such as, sweet-parothas, spiced parothas. Chana Dall flour is used for making many kinds of Pakodas and Bundi, etc.

SPLIT BROWN PEAS
(Dal Arhar)

Ingredients:

1 cup 'Arhar dall'
1/2 tsp. turmeric powder
2 tsp. clarified butter
1/2 tsp. cummin seed
1/4 tsp. black mustard seed (rai)
4 cloves garlic, chopped
1 red chilli cut into 2-3 pieces

Method:

Clean and wash the 'Dall' and put in a pressure cooker with water 1 1/2 inches above the level of the 'Dall', turmeric powder and salt to taste. When cooker starts whistling cook for six minutes. When cooking in an ordinary sauce pan cook on medium heat till tender. Then mix thoroughly with a spoon till the mixture is thick like a soup. You may eat in this form with 2 tsp. clarified butter with 'roti' or 'rice'. If it is desired to make it spicy in a fry-

ing pan heat the clarified butter, add cummin seeds and mustard seed. When the seeds start spluttering and bursting add chopped garlic and chilli, fry till brown. Transfer the spices to the cooked Dal. Serve with rice or 'roti'.

SOUR DAL
(Khati Dal)

Ingredients:

2 tbsp. roasted and ground spices (See Chapter I)
1 cup tamarind juice
2 tbsp. grated fresh coconut
1 tbsp. sugar
4 cups cooked Arhar Dal
A few curry leaves crushed
A small pice of Asafoetida
1/2 tsp. mustard seed
2 cloves garlic chopped
1 tbsp. chopped coriander leaves
2 tbsp. clarified butter

Method:

Heat the oil, add Asafoetida, mustard seeds. When the seeds start to burst, add chopped garlic. Fry till brown and add crushed curry leaves, cooked 'Dal Arhan', roasted and ground spices, tamarind juice, sugar and a little more salt. Bring to boil. Reduce the heat, simmer for a few minutes. Pour into a bowl, sprinkle the grated coconut and chopped green leaves. Serve with rice.

Mung Dall is also boiled in the same way as Dal Arhar but add chopped ginger and 6 pepper corns roughly ground while boiling. It takes less time and less water to cook. It is softer than Arhar.

Chana Dall is also boiled in the same way. But it takes longer time to cook as it is harder than 'Arhar Dall', when cooked add 1 tbsp. 'Hot Spices' and one tsp. chilli powder. Rest as above (like Arhar Dall)

SAMBAR

Ingredients:

1 cup Arhar Dall or Masur Dall

4 medium size onions
2 tbsp. coriander seeds
12 chillies
1 tsp. chana dall
2 tbsp. fresh coconut gratings
lemon size tamarind
salt

Method:

Cook the dall. Soak the tamarind in water. Extract 3 or 4 cups juice. Cut the onions fine. Boil the onions in tamarind water with salt. Fry in a little oil, the coriander seeds, red chillies and chana dall, and grind them with the coconut and cooked dall. When the onion is tender add the ground paste. Let the mixture boil for 10 minutes stirring frequently.

Optional: Add cut tomatoes, coriander leaves and a pinch of hing powder to the boiling mixture.

MASUR DAL

Ingredients:

1 cup 'Dall Masur' cleaned and washed
1 onion, grated
1 ginger, grated
1 tbsp. hot spices (See Chapter I)
2 tbsp. clarified butter

Method:

Heat the 1 tbsp. clarified butter, add all the ground spices, fry for some times, add washed Dal, salt to taste. Pour water 1 1/2 inches above the level of the Dal. Cook in pressure cooker or in sauce pan as before.

Note: When cooking in pressure, when you open the pressure cooker and find that Dal and water are not thoroughly mixed or there is too much water, cook unclosed till they are mixed well like thick soup. If you find that it is too thick then add a little water according to your requirements.

MIXED DALLS
(Ralimili Dalls)

Ingredients:

1/2 cup urad Dalls
1/2 cup Mung Dalls
1/2 cup Masur Dalls
1/2 cup Chana Dalls
1/2 cup Arhar Dalls
8 pepper corns ground coarsely
1 small piece ginger, chopped
1/2 tsp. black mustard seeds (rai)
1 tsp. cummin seeds
1 very tiny bit of Asafoetida
4 cloves of garlic
1-2 red chillies broken into 2-3 pieces
Salt to taste
4 tbsp. clarified butter
Water
1 tsp. turmeric powder

Method:

Wash clean the Dalls, and cook all together with salt, turmeric ginger and pepper, till tender and thick like soup. Heat 1 tbsp. oil in a frying pan, add mustard and cummin seed. When the seeds start to splutter add Asafoetida, garlic and red chilli. When a little brown, pour on to cooked Dalls. Serve hot with Roti or Rice with remaining butter.

CHAPTER VII
YOGHURT PREPARATIONS
DAHI BARA OR BHALLE

Ingredients:

1 cup split urad or Mung (soaked in water overnight)
1 small piece of Asafoetida
1 piece of ginger (1 inch)
1 tsp. cummin seed
1/2 tsp. chillie powder
6 peppercorns
salt to taste
1 bunch of coriander leaves
2 green chillies chopped
3 cups yoghurt
1 tbsp. roasted and ground spices (See Chapter I)
salt to taste

Method:

Put the soaked mung or urad in a big pot. Remove the skin by rubbing. Pour more water and let the skin float away. When cleaned, grind the 'urad' or 'mung' into a paste in an electric grinder or on a grinding stone. Add Asafoetida, ginger, cummin, chilli, pepper and grind all together with the mung or urad. Beat the mixture till frothy. Add salt to taste and 1/2 of the chopped ingredients. If too dry, add a little water.

Heat the oil in a deep frying pan. Take a cup and wet a small piece of cloth with water, pull the cloth tightly over the open end of the cup; on this put a small piece of the paste and pat into a small cake. Make a hole in the center and slip the cake into the heated oil.

Another simple way is take 1 tbsp. of the paste with wet hand and drop one by one round in shape in heated oil. Make as many as you can, out of the paste and fry till golden brown over a medium flame. Drain the 'baras' and soak them in boiling water for a few minutes. Take them out of water and squeeze the baras between your palms to take away the excess water.

Beat up the yoghurt and add 1/2 of the roasted powder and salt to taste. Place the 'baras' on a serving dish and pour over the yoghurt. Garnish with the left over spices and chopped coriander leaves and chillies. Serve with tamarind chutney. (See Chapter III).

VEGETABLE DAHIBARA

Ingredients:

200 grams potatoes boiled and mashed
100 grams French beans finely cut and boiled
100 grams carrots finely cut and boiled
100 grams frozen green peas or fresh shelled and boiled
1/2 cup urad, dall (split black gram) soaked in water overnight
salt to taste
chopped ginger, green chillies and coriander leaves
1 tbsp. roasted and ground spices
A few curry leaves
oil for frying
1/2 tsp. cummin seed
3 cups yoghurt

Method:

Mix all the boiled vegetables with the mashed potatoes and add salt, finely cut ginger, green chillies, coriander leaves and spices, form balls of walnut size. Grind the urad dall into a fine paste and add water to make thick batter. (Add a little salt to the batter). Beat the yoghurt and add some water, chopped ingredients, a little sugar and salt.

Heat 1 tsp. oil and fry cummin seeds in it and also curry leaves. Transfer this in the yoghurt. Heat oil, fry the vegetables balls after dipping in the batter to a golden brown colour. Dip the fried balls in the prepared yoghurt and serve.

RAITA GOURD

Ingredients:

1 cup peeled and grated gourd
1 cup yoghurt
1/2 tbsp. roasted and ground spices (See Chapter I)
1 bunch chopped coriander leaves
1 chopped green chilli
A piece of ginger chopped
salt to taste

Method:

Boil with salt the grated gourd in a very little water over slow fire. Remove from the fire as soon as gourd is tender and all the water is dried. Do not over cook. Beat the yoghurt till smooth. Mix grated gourd with yoghurt. Add the spices, serve garnished with chopped ingredients.

CUCUMBER RAITA

Ingredients:

1 small cucumber peeled and grated
2 cups yoghurt
1/2 tbsp. roasted and ground spices (See Chapter I)
salt to taste
chopped coriander
leaves and green chilli

Method:

Beat the yoghurt till smooth. Add the grated cucumber, salt, half of the roasted and ground spices. Put into a serving dish and garnish with chopped coriander leaves and chillies and remaining spices.

BUNDI RAITA

Same as above. Put one cup bundies in spiced yoghurt, decorate and serve. For preparing bundi see page 74.

Note: Potatoes and spinach raita are also made in the same way. Potatoes are boiled and then peeled and sliced thinly before putting in the yoghurt. Spinach is chopped thinly and boiled.

CHAPTER VIII
PICKLES AND CHUTNEYS
LEMON PICKLED IN SALT
(Nibu Ki Nimki)

Ingredients:

1 kilo lemon
1/2 kilo salt
200 grams chilli powder
2 tbsp. Ajwain (like cummin seed but smaller in size and has a different flavor)

Method:

Wash and dry the lemons. Mix salt, chilli powder and Ajwain into a bowl. Cut the lemons into quarters without severing them. Stuff the lemons with salt mixture and put them into a clean dry bottle. Add remaining salt mixture to the lemon pickle and close the bottle. Keep the pickle under the sun for 2 or 3 weeks. This will be ready in about 2 months time.

Note: All peckles are best made in summer when there is bright sunshine.

LEMON PICKLE STUFFED

Ingredients:

12 lemons cut in half
2 tbsp. coriander seeds
1 tbsp. cummin seeds
2 tsp. peppercorns
4 cloves
1 piece cinnamon
2 tbsp. salt

Method:

Grind the spices coarsely and mix with salt. Fill these spices by pressing inside the half-cut lemons. In a cup store juice which drops while pressing. Arrange the stuffed lemon in a sauce pan. Add 1/2 cup water and the lemon juice. Bring to boil and cook for a few minutes till water is absorbed. Do not over cook. When cool put in a jar and cover with a lid. Keep everyday under the sun till tender.

LEMON PICKLE NO. 1

Ingredients:

6 lemons
3 lemons or 15 kalamansi for juice
3/4 tsp. turmeric powder
2 tsp. chilli powder
1/4 tsp. Asafoetida
1/2 tsp. fenugreek seeds
3 tsp. salt
A little oil

Method:

Wash lemons and wipe them thoroughly. Cut them into small pieces and remove seeds. In a little hot oil roast fenugreek seeds and asafoetida and grind them. In a little more hot oil roast chilli powder and turmeric. Roasting should be done on very slow fire. Mix lemon pieces, roasted chilli powder, turmeric, fenugreek seeds and asafoetida, salt and lastly lemon or kalamansi juice. Store in a bottle or a jar. Keep stirring occasionally and refrigerated. This pickle is ready in 3 weeks or so.

LEMON PICKLE NO. 2

Ingredients:

6 lemons (3 lemons or 15 kalamansi for juice)
1 tsp. chilli powder
2 tsp. sugar
3 tsp. salt

Method:

Cut lemons into small pieces and remove seeds. Mix these pieces, sugar, salt, chilli powder and lastly lemon or kalamansi juice and store them in a bottle or a jar. Stir occasionally and keep refrigerated. This pickle is ready within 3 weeks or so.

SWEET LEMON PICKLE

Ingredients:

12 lemons

48 small bits of ginger
salt should be equal in weight of the lemon
4 tbsp. roasted spices (See Chapter I)
48 raisins

Method:

Make several cuts in lemons and press inside the cuts, pieces of ginger and raisins. Arrange the prepared lemon in a broad mouthed, dry and clean jar. Add the salt and close the bottle. This pickle should be put in the sun everyday for 2-3 weeks till tender. Add sugar and the roasted spices. Keep in the sun for a few days more. This will be ready in about 2 months.

This type of lemon pickle can be made of lemons cut into rings instead of stuffed whole lemons.

MANGO PICKLE NO. 1

Ingredients:

1 kilo raw sour mangoes (there should be hard stone inside)
6 tbsp. mustard powder
2 tbsp. chilli powder
1/2 tsp. Ajwain whole
1/2 tsp. aniseed
2 tsp. turmeric powder
Oil
1/2 tbsp. roasted and powdered fenugreek
5 tbsp. salt
1 small piece of asafoetida powdered

Method:

Wash mangoes and dry with a piece of cloth and cut them into required sizes. Mix all the above spices whole, roasted and powdered and salt. Mix all ingredients well with mango pieces. Heat one cup oil. When cool add to the pickle. Store in a clean dry jar. Keep in the sun for a week. In India this mango pickle lasts for a year. When storing it should always be covered with oil (mustard) and stirred occasionally. If the climate is not suitable, keep it refrigerated. Always use a dry clean spoon to take out the pickle.

Note: When making pickle, select the mango in which hard stone has been formed inside, then only it can last for a year.

Boiled, peeled and cut into half potatoes, boiled and cut cauliflowers, boiled and cut into pieces jackfruit, eggplant are also made into pickles in this way.

Mango and lemon pickles can be preserved for a year but vegetable pickle will last only for a week. It should be kept refrigerated.

MANGO PICKLE NO. 2

Ingredients:

2 green (raw) mangoes
1/2 tsp. turmeric powder
1 tsp. chilli powder
1 pinch of asafoetida
1/2 tsp. fenugreek seeds
2/3 tsp. salt
4 tsp. mustard seeds
Oil

Method:

Wash mangoes and wipe them thoroughly with a piece of cloth and cut them into small pieces. In a little hot oil roast fenugreek seeds and asafoetida, grind them and keep aside. In a little more hot oil, roast turmeric and chilli powders. Roasting should be done on a very slow fire.

Grind mustard seeds. Mix mango pieces, roasted chilli, turmeric, asafoetida and fenugreek powders, ground mustard powder and salt. Heat oil till it is smoking hot, cook it and add it to the pickle. Store in a bottle or a jar. Mango pieces should always be covered with oil. Pickle should be stirred occasionally and kept refrigerated.

SWEET MANGO MURABBA AND SWEET AND SOUR PICKLE

Ingredients:

6 raw mangoes
1-2 cups sugar
1 tsp. cardamom powder
salt to taste
1 tbsp. roasted and ground powder (See Chapter I)

Method:

Peel and grate the mangoes. Cook the grated mangoes and sugar together with a little water. When the mangoes are tender and syrup is sticky and thick, add cardamom powder and salt. Remove from the fire. Store it in a clean, dry jar. It should be kept refrigerated.

Note: If you add 1 tbsp. of roasted spices in this Murabba, it will be a hot sweet and sour pickle.

MANGO CHUTNEY NO. 1

Ingredients:

1 small green mango
2-3 green chillies
Green leaves of onion
Little ginger
Fresh mint
Fresh coriander
Tablespoon fresh coconut
Salt
1/4 tsp. hot spices (See Chapter I)
A little water

Method:

Put all into a blender for a few minutes. Keep refrigerated. Can last 2-3 days.

MANGO CHUTNEY NO. 2 WITH CORIANDER OR MINT LEAVES

Ingredients:

2 raw mangoes or (lemon juice or tamarind juice to make it sour according to taste)
salt to taste
1 Bunch of coriander leaves or 1 bunch mint leaves
2-4 green chillies
A little water
A few green leaves of garlic if available

Method:

Peel the mangoes and cut into pieces, clean the green leaves. Grind the sliced mangoes, green chilli, coriander or mint leaves and salt on a grinding stone with a little water or put all into a blender for a few minutes. Keep refrigerated.

COCONUT CHUTNEY

Ingredients:

1 cup grated fresh or desiccated coconut
1 whole garlic peeled
4 green chillies
salt to taste
Lemon juice to make it sour according to taste

Method:

Grind grated coconut, peeled garlic and green chillies together Add salt and lemon juice according to taste. Keep refrigerated.

SWEET CHUTNEY

Ingredients:

2 raw mangoes
1 bunch of green coriander leaves or green mint leaves
2 green chillies
2 tbsp. sugar, salt to taste
1 tsp. roasted and ground spices (See Chapter I)

Method:

Grind all together and keep refrigerated.

SWEET TAMARIND CHUTNEY

Ingredients:

50 grams ripe tamarind soaked in water
2 tbsp. roasted spice powder (See Chapter I)
Salt and sugar to taste
A few ripe bananas peeled and sliced
10 raisins

Method:

Strain and take out the juice of tamarind. Add the spices, salt and sugar. Heat the mixture and cook for a few minutes till sugar is dissolved and the mixture is thick. Remove from the heat. Cool and add the banana slices and raisins. This cannot be preserved.

Tamarind chutney without the sliced banana may last for a week if kept refrigerated. Serve tamarind chutney with Dahibaral (See Dehibara).

TOMATO CHUTNEY WITH GREEN PEAS

Ingredients:

1/2 kilo large red tomatoes, sliced
100 grams fresh green peas
1/2 tsp. mustard seed (rai)
2-3 green chillies, chopped
1 bunch of coriander leaves, chopped
Salt to taste
1/2 tbsp. sugar
1 tbsp. clarified butter or any cooking medium

Method:

Heat the oil, add mustard seeds. When the seeds start to splutter and burst add green peas and salt, cook covered over a slow fire for a few minutes, add sliced tomatoes and cook till tender. Add chopped green chillies and coriander leaves, sugar and 1 tsp. roasted and ground spices.

RAW TOMATO CHUTNEY

Cut the tomatoes very thin. Add sugar, salt, chopped very thinly, one onion and a small piece of ginger, chopped coriander leaves, and green chillies. Serve with lunch or dinner.

CHAPTER IX
DESSERTS
RABRI

Ingredients:

1 liter milk (1 liter = 5 cups)
4 tbsp. sugar
2 tbsp. ground almonds
1/2 tbsp. ground pistachio
1/2 tsp. cardamom powder
10 raisins
A few strands of saffron soaked in rose water

Method:

Bring the milk to a boil and let it simmer over the slow fire sturring all the time so that it does not stick to the pan. Add the sugar. Cook till milk is thick. Then add the ground almonds and pistachio. Stir and remove from the fire. Mix in saffron, sprinkle with cardamom powder. Serves 6 to 8.

In India we eat Rabri with roti or poori. It can also be served as a dessert.

KHEER WHITE CHEESE
(Panir Khir)

Ingredients:

White cheese cut in small cubes (made out of one kilo milk) (See Chapter I)
2 kilos milk
Add sugar to taste
1 tbsp. peeled and chopped pistachio
A few strands of saffron soaked in rose water
1/4 tsp. cardamom powder
1 piece of silver foil

Method:

Bring the milk to a boil and simmer over slow fire till reduced to half its original quantity. Add the sugar and stir till the sugar has dissolved. Remove from the fire. Add cheese, saffron, raisins and cardamom powder.

Mix well. Pour into a serving bowl. Serve garnished with almonds and pistachio and silver foil spread in the center. Serve as a dessert.

KHEER PAPAYA

Ingredients:

1 liter milk
1 raw papaya
4 cardamom powder
10 raisins
1 tbsp. almonds, blanched and sliced
1/2 tbsp. pistachio, peeled and sliced
A few strands of saffron soaked in rose water
2 tbsp. clarified butter
Sugar to taste

Method:

Peel and grate the papaya. Boil till tender, drain and fry in the butter for a few minutes till dry. Keep aside. Bring the milk to boil, and simmer till thick and creamy. Add papaya, sugar, raisins, cardamom powder and saffron. Stir and mix well. Remove from the fire. Put into a servicing bowl and garnish with sliced almonds and pistachio.

KHEER CARROT

Ingredients:

2 kilos milk
1/2 kilo carrots
Sugar to taste
1 tbsp. ground almonds
A few strands of saffron soaked in rose water
1/2 tsp. cardamom powder

Method:

Grate the carrots. Bring the milk to a boil and add carrots. Cook till carrots are soft and the mixture has thickened. Add sugar, cardamoms, almonds and saffron. Take off the fire when sugar has dissolved. Cool and serve as a dessert. Serves 6 to 8.

KHEER MAKHANA

Ingredients:

1 liter milk
125 grams Makhana, cut into pieces and cleaned
Sugar to taste
1 tbsp. chironji
10 raisins
1 piece dry coconut, grated
4 cardamom powder
1 tbsp. blanched and sliced almonds
1 tsp. peeled and chopped pistachio

Method:

Bring the milk to a boil and then let it simmer for a few minutes. Add Makhana and continue cooking over slow fire till the mixture is thick and creamy and the Makhana is soft and tender. Add the sugar, raisins and cardamom powder. Stir and remove from the fire. Put in a serving bowl. When cool, serve garnished with grated coconut, almonds and pistachio. Serves 6 to 8.

KHEER BUNDI

Ingredients:

1 liter milk
1 cup Besan (gram flour)
4 cardamom powder
1 tbsp. chironji
1 small piece of dry coconut, grated
10 raisins
1 tbsp. ground almonds
A few strands of saffron soaked in rose water
Sugar to taste

Method:

Sift the 'besan' (gram flour) in a flat bowl, gradually add water, rubbing the mixture hard with your palms. There should be sufficient water to make a paste of dropping consistency. To test the mixture, put a little of the mixture in a cup of water. When the mixture starts floating on the surface, it is ready.

Heat the oil. Put the 'besan' (gram flour) mixture on to a laddle with small holes, and shake over the hot oil. The mixture will fall through the holes like small pearls. Fry these till golden brown and crisp. The Bundi is ready. Drain and keep aside.

Bring the milk to a boil and let it simmer till reduced to half of its original quantity. Add 'Bundi', sugar and cardamom powder. Continue cooking till the 'Bundi' is tender. Add chironji, raisins, coconut and saffron. Stir well and remove from the fire. Serves 6 to 8.

KHEER WHEAT FLOUR

Ingredients:

1 cup whole wheat flour
1 liter milk
Sugar to taste
10 raisins
1/4 tsp. cardamom powder
1 cup oil for frying
Water

Method:

Bring the milk to a boil. Lower the heat and simmer. Add sugar and raisins. When the mixture is thick, remove from the fire. Add cardamom powder and keep aside.

Put the flour in a bowl, gradually add water and beat to a thick batter. Heat 1 tbsp. oil and cook the batter stirring all the time till it becomes like a 'poori' dough. With greased hands, make one big ball. Roll thin on a floured board and cut into about 2 1/2 inches diamond shapes. Fry in deep hot oil, till both sides are brown. Drain and put into the prepared milk and mix well. Serve as a dessert. Serves 6 to 8.

RICE PHIRNI

Ingredients:

1 liter milk
3-4 tbsp. rice
2-3 tbsp. clarified butter
1/2 tsp. cardamom powder

10 blanched and sliced almonds
10 peeled and thinly sliced pistachios
A few strands of saffron soaked in rose water
3-4 tbsp. sugar, or according to taste

Method:

Soak the rice in water for one hour. Take it out and leave it to dry for some time. Grind coarse. Fry the ground rice in clarified butter till the rice is dry and glazed. Add the milk. Bring to a boil and simmer over low flame. Add sugar and cook till the mixture is thick and the rice is tender. Switch off the heat and leave on the hot stove for some time. Add raisins, cardamom powder and saffron. Stir well and pour into a serving bowl. Serve cold, garnished with sliced almonds and pistachios. Serves 6 to 8.

SEVAI (VERMICELLI)

Ingredients:

1 liter milk
150 grams vermicelli
3-4 tsp. sugar or according to taste
1 tbsp. clarified butter
10 raisins
1/4 tsp. cardamom powder
1 tsp. peeled and sliced pistachios
1 tsp. blanched and sliced almonds

Method:

Heat the clarified butter, fry the vermicelli till golden brown. Keep aside. Bring the milk to a boil, lower the flame and simmer till reduced to half its original quantity. Add fried vermicelli, sugar and raisins. Cook till the vermicelli is tender. Remove from the heat, add cardamom powder, pistachios and almonds. Serve hot or cold. Serves 6 to 8.

SHRI KHAND

Ingredients:

1 kilo yoghurt

1/2 tsp. cardamom powder
sugar to taste
a few strands of saffron soaked in rose water

Method:

Hang the yoghurt in a piece of cloth to drain the liquid for six to eight hours. When dry add cardamom powder and saffron. Seive through the muslin cloth. Serve with poori or as dessert.

SWEET PULAO OR ZARDA

Ingredients:

1 kilo rice
300 grams sugar
4 white cardamoms
1/4 tsp. cardamom powder
10 to 15 raisins
1 tbsp. blanched and sliced almonds
1/2 tbsp. peeled and sliced pistachio
1 tbsp. 'chironzi'
A few strands of saffron soaked in rose water
4 cloves
2 stick of cinnamon
4 tbsp. clarified butter
1/2 cup thick cream (optional)
2 ripe mangoes
1-3 ripe bananas sliced

Method:

Heat the butter, add whole cardamoms, cloves, cinnamon, and rice. Fry for a few minutes, then add water (one inch above the level of rice) and cook till all the water is absorbed. Mix the sugar, saffron, raisins and cardamom powder and half of the sliced dry fruit with the rice gently so that the rice is not mushy. Take out nearly all the rice, leaving a layer at the bottom of the pan. Put a layer of sliced mangoes over this. Then a layer of rice, a layer of sliced bananas, a layer of cream, then again a layer of rice and so on ending with a top layer of rice. Sprinkle a little water or milk. Put over a very slow fire with just enough heat to keep it warm or in a warm oven. Before serving, decorate with remaining half of sliced nuts. In India we cover the Pulao with silver foil for special occasions.

SHAHI TUKRA

Ingredients:

12 pieces of bread, cut into squares
1 liter milk
1 cup sugar or according to taste
10 raisins
1 tbsp. chironji
1/2 tsp. coarsely ground cardamom powder
1 tbsp. almonds, blanched and sliced
1 tsp. pistachio, peeled and chopped
2 cups clarified butter or Crisco
A few strands of saffron soaked in rose water

Method:

Bring the milk to a boil and simmer over slow fire till milk is very thick. Keep aside. Fry the square pieces of bread in deep hot fat till dark brown on both sides. Make syrup with sugar and water. Keep aside. Add saffron, cardamom powder and raisins to the prepared milk and place one tbsp. on top of each piece of fried bread. Arrange them on a flat service dish. Garnish them with sliced almonds and pistachio. Pour the syrup over the bread pieces.

In India the Shahi Tukras are covered with silver foil and then garnished with sliced nuts for special occasions.

CARROT HALWA

Ingredients:

2 liters milk
1 kilo carrots, cleaned and grated
150 grams clarified butter
60 grams raisins
60 grams almonds blanched and chopped
30 grams pistachio peeled and chopped
30 grams chironji
1/2 inch piece of dry coconut, grated
1/2 tsp. cardamom powder (ground coarsely)
A few strands of saffron soaked in rose water

Method:

Bring the milk to a boil and add grated carrots, simmer, stirring occasionally, and cook till the mixture is very thick. Heat the clarified butter in a heavy frying pan, add the milk and carrot mixture and cook over a low flame, stirring all the time till the mixture is brown. Add sugar, saffron and raisins. Cook for a few minutes till sugar has dissolved and the halwa is a rich golden color. Remove from the fire. Add almonds, pistachios, chironji, grated coconut and cardamom powder.

The sweet may be covered with silver foil for special occasions.

SUJI KA HALWA

Ingredients:

1 cup cream of wheat (suji)
1/2 cup sugar
6 tbsp. clarified butter
1/2 tsp. cardamom powder (ground coarsely)
1 tbsp. chopped almonds
1 tsp. chopped pistachio
10 raisins
1 tbsp. chironji or cashew nuts
A few strands of saffron soaked in rose water
3 to 4 cups water

Method:

Fry the cream of wheat in clarified butter over low flame till brown. Add sugar and enough water to dissolve the sugar and soften the wheat. Cook for a few minutes till cream of wheat is soft and dry. Mix all the ingredients well. Serves 6 to 8.

RAS KA PUA

Ingredients:

1 cup full cream milk powder
1 cup flour
2 cups oil for frying
1 1/2 cups syrup (made of sugar and water, boiled together)
1 tsp. blanched and sliced almonds
1/4 tsp. cardamom powder
10 raisins
1 tsp. ani seed

Method:

Mix the milk powder with water thoroughly, add flour and mix well. Egg beater can be used for mixing. It should be of dropping consistency. Add half of the sliced almond, cardamom powder, raisins and ani seed. Heat the oil in a frying pan and pour 1 tbsp. batter into it. When one side of the batter spread is cooked and brown, turn over and when brown on both sides, take out and drain. Put them into the syrup. Serve garnished with the remaining nuts and powder. In India fresh milk is used instead of powder milk.

Bring 1 kilo milk to a boil, lower the heat and simmer till it thickens and only half remains. This thick milk is used instead of powdered milk.

How to make syrup: Take 1 1/2 cups sugar, 1/2 cup water and boil them together till it starts sticking on your finger when you touch the syrup.

MALPUA

Ingredients:

1 cup whole wheat flour
1/4 cup sugar or brown sugar
2 cardamom, peeled and powdered
1 tsp. grated coconut
1 tsp. ani seeds
10 raisins
1 tbsp. chopped nuts (Almonds, Pistachio)
Milk or water to make batter
1-2 ripe bananas mashed with a fork
1 cup clarified butter or any cooking medium

Method:

Mix flour, sugar and milk or water and make a batter of dropping consistency. Add all the ingredients that is wheat flour, sugar cardamom, ani seed, coconut, mashed banana, raisins and chopped nuts. Heat the oil in frying pan. Pour 1 tbsp. batter into it. Fry over medium heat. When one side is cooked, and brown, turn over and when brown on both sides, take out and drain. Serve hot or cold.

BARFI GOURD
(Loki Ke Barfi)

Ingredients:

2 kilos Gourd
2 kilos milk
2 1/2 cups sugar
12 Almonds blanched and thinly sliced
12 Pistachios, peeled and thinly sliced
1 tsp. cardamom powder
2 whole cardamom
1-2 cups clarified butter

Method:

Skin and grate the gourd leaving the inner soft part. Heat the clarified batter, add 2 whole cardamoms and grated gourd. Fry for a few seconds stirring. Add milk and cook over a medium fire stirring occasionally till the mixture is thick. Add sugar and cardamom powder. Cook till the mixture starts leaving the pan and batter starts separating. Spread on a greased tray and flatten evenly. Garnish with the sliced almonds and pistachios cut in diamond shape. Serve when cool and set.

BARFI ALMOND

Ingredients:

2 cups blanched and ground fine almonds
1/2 cup sugar, or according to taste
4 tbsp. butter or clarified butter

Method:

Make a syrup with the sugar and 3 tbsp. water. Boil till it spins a thread. Take off the fire, add the butter and the ground almonds and pour on to a greased cookie sheet. Flatten and cut into squares.

BARFI PISTACHIO

Ingredients:

1 cup pistachio
250 grams dried milk or 'khoya'

1 cup sugar, or according to taste
Rose water.

Method:

Soak the pistachios in boiling water and remove their skins Grind to a paste. Add the dried milk. Make syrup with sugar and a little water, add the pistachio and dried milk. Stir all the time while cooking. When the mixture is thick and is of setting consistency, pour on to a greased plate. Flatten out with a roller and sprinkle with rose water. Cut into squares.

How to make Khoya: In India, Khoya is made of fresh milk. Bring one liter milk to a boil in a heavy pan. Lower the flame and simmer till the milk becomes thick like a paste, stirring all the time so that it does not burn or stick at the bottom of the pan. If milk is rich and good, 200 grams Khoya will be made out of 1 kilo milk.

BARFI COCONUT

Ingredients:

150 grams coconut grated (fresh)
300 grams sugar
A few strands of saffron soaked in rose water
A few drops of rose essence

Method:

Put all the ingredients, except the rose essence in a heavy pan and cook over medium flame stirring all the time till all the water dries up and it gets to a sticky consistency. Add the rose essence and mix. Pour the mixture on to a greased tray and spread evenly 1/4 inch thick cover with white silver foil. When cool cut into 1/4 inch squares.

SANDESH

Ingredients:

1 liter milk (full cream)
1 lemon or 1 tsp. citric acid dissolved in hot water
3 to 4 tbsp. sugar
A few strands of saffron soaked in rose water

1/4 tbsp. blanched and sliced thinly almonds
1 tsp. pistachio, peeled and thinly sliced

Method:

Bring the milk to a boil. When the milk rises up slowly pour in the lemon juice or citric acid dissolved in hot water. As soon as the milk starts curdling, stop pouring the citric acid. Remove from the fire, and strain through a piece of cloth. Hang the white cheese overnight, tied in a piece of cloth, and let the whey drip. Do not squeeze.

When the cheese is ready, put on to a smooth board and break it up with the roller or pass through a grinder till smooth. Mix sugar, cardamom powder and saffron. Spread on a greased plate and decorate with sliced almonds and pistachio,cut into squares.

Note: If the cheese after passing through grinder is thin, put in a heavy pan with sugar and cook gently till it thickens. Spread on a greased flat dish, decorate and cut into squares.

GUJHIA

Ingredients:

2 cups flour, sieved and mixed with 6 tbsp. clarified butter
4 tbsp. whole wheat flour
1 liter milk for making dried milk or khoya
20 raisins
1/2 tsp. cardamom powder
1 tbsp. chironji (optional)
1 tbsp. blanched and chopped almonds
1 tbsp. peeled and chopped pistachio
1 tbsp. grated dry coconut
1 cup sugar
1-2 cups vegetable fat for frying

Method:

Make dough by adding water gradually to the buttered flour. Knead thoroughly so that the dough is smooth.

How to make the filling:

Bring the milk to a boil and simmer over slow fire, stirring all

the time till the milk is thick like a paste. The 'khoya is ready. Fry whole wheat flour in a dry pan over a very low fire till brown. Mix the fried flour with the milk paste. Add all the ingredients (cardamom powder, chironji, almonds, pistachio, coconut, raisins and sugar). Mix well with the milk paste.

Knead the dough again. Take small walnut-size pieces of dough and make into round balls. Flatten and roll out on a floured board. Make thin rounds the size of a saucer. Rub a little water all around edges with your finger. Put 1 tbsp. of the milk mixture (khoya) on one half of the wrapper. Fold the other half and cover the paste. Press the edges tightly with fingers so that the filling will not come out when frying. Heat the fat in a deep pan and fry them till brown on both sides.

MUKTA JHURI

Ingredients:

1 cup flour sieved and mixed with 3 tbsp. clarified butter
1 cup sugar
1 cup clarified butter or any vegetable fat

Method:

Make a dough of the buttered flour. Knead well. Make balls of walnut size with the dough. Flatten and roll out on a floured board. Make thin rounds the size of a small saucer. Now with a knife cut strips 1/4 inch apart, leaving both edges intact. Now fold from both sides a little so the round will become a square. Now gather both ends separately. Fry in deep hot fat till light brown. Make syrup with sugar and water. Dip the fried 'mukta jhuri' into the syrup. Drain and serve. Garnish with powdered nuts and cardamom.

LADDOO MOTI CHOOR

Ingredients:

1 cup split gram flour
2 cups any cooking medium
3/4 cup sugar
4 cardamoms

2 tbsp. chopped nuts
A few strands of saffron soaked in rose water

Method:

Mix the split gram flour with water into a thick batter. (See Bundi Kheer) and beat thoroughly. Heat the oil in a deep frying pan. Put some of the gram flour mixture on to a laddle with small holes and shake it over the hot oil. The mixture will fall through the holes like small pearls. Fry these till they are golden brown and crisp. Drain and keep aside.

Make syrup by boiling sugar and water till it is sticky. Add cardamom seeds and chopped nuts. Put the bundis in the syrup and mix well. Make balls of Bundis with greased hands or you can eat Bundis dipped in syrup.

LADDOO BESAN

Ingredients:

2 cups split gram flour
1 cup clarified butter
3/4 cup sugar
2 tbsp. chopped nuts
1 tbsp. chironji
1/2 tsp. cardamom powder

Method:

Fry the besan in the clarified butter till light brown, stirring all the time so that it does not burn at the bottom. Remove from the fire and mix in the sugar, nuts, chironji and cardamom powder. Make round balls with greased hands or spread on a wax paper sheet and cut into small squares.

NAN KHATAI

Ingredients:

1 cup flour, sieved
1 cup suji (cream of wheat)
3/4 cup sugar
1/2-1 cup clarified butter, sufficient to make dough
1/2 cup almond, blanched and ground in a water.
1/2 tsp. cardamom powder

Method:

Mix all the ingredients in a cake mixer, sprinkle a little water, and knead into a dough. Make balls, then flatten, pressing between your palms and bake in a moderate oven till golden brown.

CHAPTER X

SALTY SNACKS

SAMOSA

Ingredients:

1 cup flour
3 tbsp. clarified butter
1/2 kilo potatoes, boiled and diced or
1/2 kilo boiled minced meat.
1 tbsp. roasted and ground spices (coriander, cummin, chilli) (See Chapter I)
2 tsp. mango powder or 1 lemon juice
1 cup oil for frying
A bunch of coriander leaves, chopped
1 green chilli, chopped

Method:

Sieve the flour into a bowl. Add 3 tbsp. clarified butter and salt to taste. Add a little water and make into a dough. Knead till smooth. To make the filling, heat 2 tbsp. oil, add the diced potatoes or boiled minced meat and fry till brown. Remove from the fire. Add roasted spices, salt, mango powder and chopped green leaves and green chillies. Mix well.

Knead dough again and make balls of walnut size. Flatten them and roll out on a floured board. Make thin rounds the size of a saucer. Cut them in half. Make into cones. Wet the straight edges with a little water and seal the cones. Fill these cones with 1 tbsp. of prepared potatoes or meat. Wet the open edges with water and press together. When all the samosas are ready, fry in deep hot oil till they are crisp and golden.

POTATO BONDAS
(Alu Bonda)

Ingredients:

1/2 cup split gram flour
1/2 tsp. turmeric powder
salt to taste
1 tbsp. oil

Ingredients for filling:

1/2 tsp. mustard seed
1/2 tsp. cummin seed
1/2 kilo potatoes, boiled, peeled and diced (tiny pieces)
1 onion sliced (optional)
1 tsp. chilli powder or roasted and ground spices (See Chapter I)
1 tsp. chopped coriander leaves and chillies
1 tsp. mango powder or lemon juice
1 cup oil for frying

Method:

Heat the oil, and add cummin seed and mustard seeds. When the seeds begin to splutter and burst, put in the sliced onion and fry till brown; add the sliced potatoes and fry for a few minutes. Add spices, chopped ingredients and mango powder. Mix and remove from the fire. When cool, make into balls the size of walnuts. Make a batter with split gram flour. Mix in salt, 1 tbsp. oil and turmeric powder. Dip the potato balls into the batter and fry till brown. Serve with tomato sauce or mango chutney.

ALUPOHA
(Rice Flake and potato)

Ingredients:

1 cup flaked rice (wash in water in a strainer just before use)
1 large potato boiled, peeled and diced
1/4 tbsp. turmeric powder
1 tbsp. oil
chopped green chilli and coriander leaves
1/2 onion, sliced
1/2 tsp. mustard seeds
1 lemon
1 tbsp. grated fresh coconut

Method:

Heat the oil, add mustard seeds; when they start to splutter and burst, add sliced onion and fry till brown. Add turmeric powder and then potatoes. Fry till light brown. Add flaked rice, green peas and 1/2 tsp. sugar. Cook covered over a low flame for a few

minutes. Squeeze the lemon. Serve garnished with grated and chopped ingredients. Instead of flaked rice, sago can be used. Sago should be soaked in water 4 hours before use. Onion is not used in sago and it is cooked on a very low flame.

UPMA

Ingredients:

1 cup of cream of wheat (suji)
2 tbsp. oil
small piece of asafoetida (hing)
1/2 tsp. mustard seeds
1 tbsp. cashew nuts
one chilli and coriander leaves, chopped
1 tbsp. grated fresh coconut
2 tbsp. frozen or fresh green peas
2 cups water
salt to taste
1/2 tsp. sugar

Method:

Heat the oil and add asafoetida and mustard seeds. When seeds start to burst, add cashew nuts. When brown, add cream of wheat and fry over a low fire till light brown. Add salt and water and 1/2 tsp. sugar. Cook gently till soft and dry. Add frozen peas. Serve garnished with chopped and grated ingredients.

PLAIN DOSA

Ingredients:

1 cup rice
1/4 cup urad dal (split polished black gram)
salt

Method:

Soak rice and dal in water for a few hours.

Grind them with salt to a smooth paste. The batter should have dropping consistency. Let it stand overnight and prepare thin pancakes anytime next day.

Serve with chutney or sambar.

MASAL DOSA

Ingredients for the potato stuffing:

1/2 kilo potatoes
mustard seeds
1 sliced onion
2 chopped chillies
1 tbsp. oil
salt to taste

Method:

Boil, peel and dice the potatoes. Heat 1 tbsp. oil, add mustard seed; when it changes color, add the sliced onion, fry for a few minutes, add diced potatoes, fry for a few minutes, add 2 tbsp. water and salt to taste. Cook till water is dry, add chopped chillis. Remove from the fire. Keep aside for further use.

Note: Keep a small piece of cloth wet in a cup of water, squeeze the excess water and clean the pan everytime before putting a new Dosa (pan cake).

Prepare the batter as above. Heat a heavy pan. Grease it. Spread one big spoon of batter into a thin round. Drop 1 tsp. of oil all around the pancake. Turn it once. Then turn it again. Put 2 tbsp of cooked potatoes in the center. Fold the two sides of the pancake one over the other to cover the potato curry. Take it off the stove. Serve with coconut chutney. This needs a little practice.

COCONUT CHUTNEY

Ingredients:

1 cup fresh grated coconut
a little tamarind
4 green chillies
1 tsp. roasted split peas
coriander leaves
salt

Method:

Grind all the ingredients together with a little water. Calamansi juice may be substituted for tamarind.

NIMKI

Ingredients:

1 cup flour
1/2 tsp. onion seed (Mangarall or Kalonji)
1/2 tsp. Ajwain (looks like cummin seed but smaller in size)
2 tbsp. clarified butter
Salt to taste
1 cup cooking oil

Method:

Sieve the flour in a bowl. Mix 2 tbsp. clarified butter. Add salt, 'ajwain' and kalonji. Make a dough by adding water gradually. Knead till smooth. Make 4 balls with the dough. Roll them on floured board. Make thin rounds. Cut them in diamond shape. Heat the oil and fry them in deep oil till light brown on medium flame.

Another way to make 'Nimki' is that instead of 1 cup flour, take 3/4 of flour and 1/4 of split gram flour. Rest of the method is the same.

CHHOLE
(Gram, Garbanzo or Chick Peas)

Ingredients:

1 cup garbanzo (washed, and soaked in plenty of water overnight)
1 onion sliced thinly
60 grams Tamarind soaked in 2 cups of warm water, squeeze and strain the juice
125 grams boiled and diced potatoes
A pinch of bicarbonate of soda
2 tbsp. oil
2 tbsp. sugar
1 tsp. cummin seed
1 tsp. ginger powder
2 tsp. chilli powder
2 tsp. roasted and ground 'hot spices' (See Chapter 1)

1 tsp. coriander powder
chopped coriander leaves
2-3 big pieces of green chillies

Method:

Boil the garbanzo in a large sauce pan with plenty of water and soda. Simmer till peas are tender, strain the peas and reserve the stock. Heat the oil and fry the onions till brown. Add cummin seeds and fry. Now put in the garbanzo, ginger and chilli and fry. Add some of the stock and cook gently for five minutes. Add the potatoes and some more stock. Cook covered for some time. Add tamarind juice, salt and sugar and cook for another 5 minutes. Just before serving sprinkle with hot spices and coriander powder. Garnish with chopped green leaves and pieces of green chillies and serve.

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